

# DAILY JOURNAL PAGE



## 1. Morning Gratitude



*What are three things I am grateful for this morning?*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 2. Daily Affirmation

*What positive mindset or intention will I focus on today?*

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## 3. Highlight of the Day

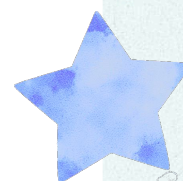
*What was one thing that made me smile or feel fulfilled today?*

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## 4. Acts of Kindness / Connection

*What positive effect did I have on someone today?*

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## 5. Lessons Learned / Personal Growth

*What did I learn today about myself or others?*

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## 6. Evening Reflection

*What am I most grateful for tonight?*

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# WEEKLY REFLECTION PAGE

**1. What repeated sources of gratitude did I notice this week?**



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**2. How did focusing on gratitude affect my mood or mindset?**

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**3. Goals for next week to deepen gratitude.**

Goal #1. 

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Goal #2. 

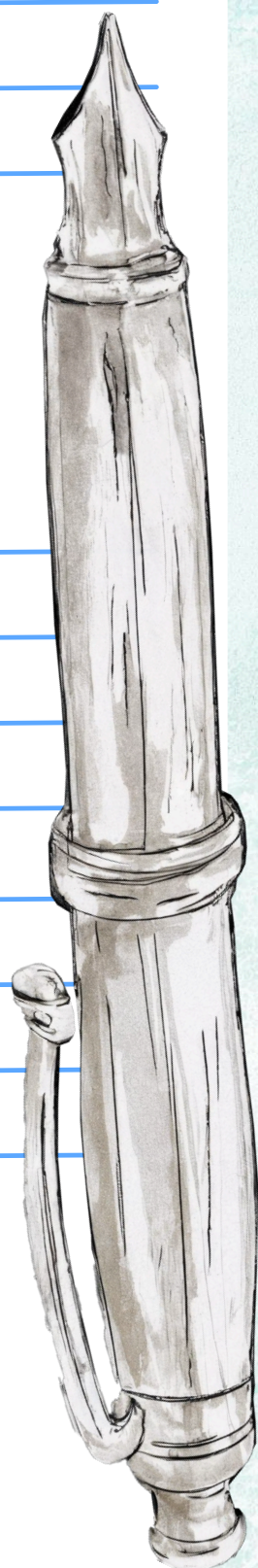
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Goal #3. 

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Goal #4. 

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# 10 MINUTES A DAY WITH BREEZE



In just 10 minutes a day with the **Breeze app**, you can:

- *Track your mood and identify what truly influences how you feel to develop emotional regulation*
- *Take self-discovery tests about career, relationships, childhood trauma, emotional intelligence, and many more to gain insights into your personality and improve your health*
- *Explore science-based tools, relaxation games, and different techniques to help you grow*
- *Build healthy habits and create personalized routines for your daily life without pressure*
- *Learn how to be grateful and present with guided exercises and daily affirmations for calm, focus, and emotional balance*

**Use Breeze** to feel empowered and more in control of your life.



## **Check yourself for childhood trauma**

Figure out how early experiences may influence your emotions, reactions, and relationships today.

*Take a 5-minute test.*