

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?

3. Highlight of the Day

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

4. Acts of Kindness / Connection



What positive effect did I have on someone today?

5. Lessons Learned / Personal Growth

What did I learn today about myself or others?

6. Evening Reflection

What am I most grateful for tonight?

WEEKLY REFLECTION PAGE

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



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

3. Goals for next week to deepen gratitude.

Goal #1. _____

Goal #2. _____

Goal #3. _____

Goal #4. _____



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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*

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Check yourself for childhood trauma

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

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