



JOURNAL ENTRY DATE:

TODAY, I AM GRATEFUL FOR:

TODAY, I AM FEELING:

COULD I USE SOME EXTRA SUPPORT TODAY?

WHO ARE 3 PEOPLE I CAN HAVE A CHECK-IN CHAT WITH?

5 minute journaling

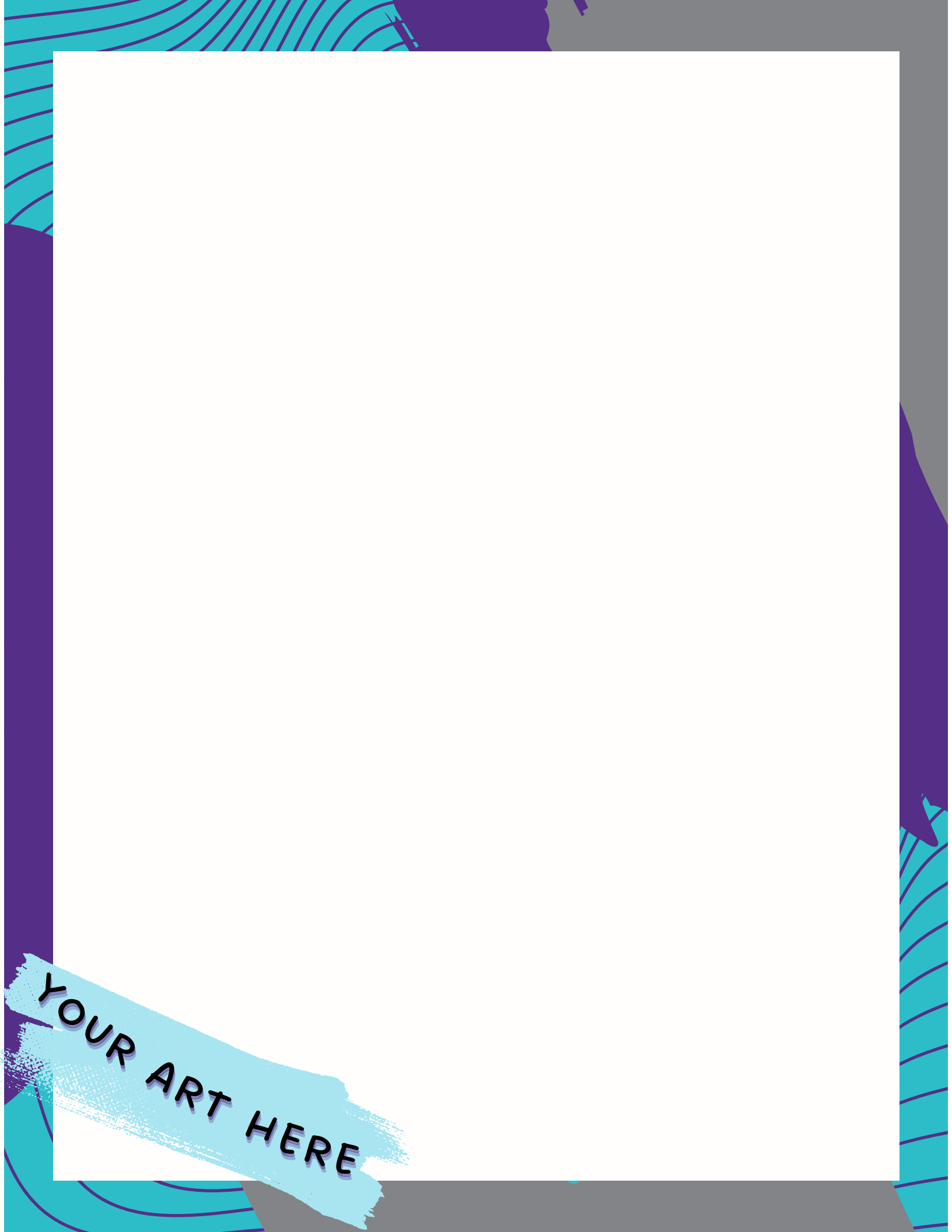
Date:

A 20x20 grid of black dots on a white background. The dots are arranged in a regular, repeating pattern, forming a square grid. There are 20 dots in each row and 20 dots in each column, totaling 400 dots. The dots are small, solid black circles. The grid is centered on the page.

5 minute journaling

Date:

[illegible]



YOUR ART HERE