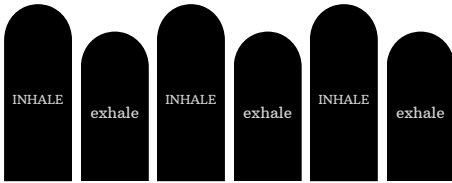


15 Minute Daily Dreaming

S M T W T H F S

___/___/___

Breathe before writing

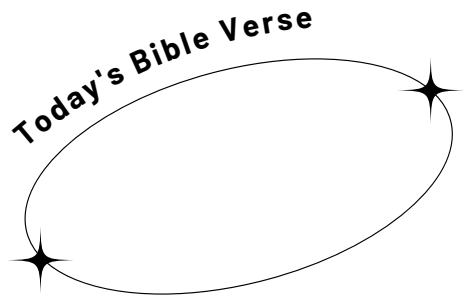


3 DREAMS to stack today

Three horizontal rounded rectangular boxes stacked vertically for writing dreams.

Things you're grateful for

Five horizontal lines for writing, each preceded by an asterisk symbol (*).



Visualize your dream. Describe it in a drawing.

A large empty rectangular box for drawing, with a small pencil icon in the bottom right corner.

Things that you're learning

Four horizontal lines for writing things learned.

Today's Affirmation

Two horizontal lines for writing an affirmation.