



Created By  
Incarcerated Rescuer  
Lauren Handy  
April 2024  
Alexandria Detention Center

5 Days of Gratitude Journal





# Notes

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Day 1

3 Things I am Grateful For:

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Best Part of Today

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Things I Accomplished

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# Notes



Handwritten notes area with 20 horizontal lines.

## What I Look Forward to:

Section for writing 'What I Look Forward to:' with 6 horizontal lines.



Day 3

### I am Grateful For...

Section for 'I am Grateful For...' with 12 horizontal lines.

### Things I Accomplished

Section for 'Things I Accomplished' with 12 horizontal lines.



# 3 Things I am Grateful for:


## Day 4



### Best Part of Today


### Things I Accomplished


### Resilience Affirmations

- I love myself
- I belong as I am
- I can be celebrated
- I have dreams
- I can try new things
- I can get help
- I can relax

# 3 Things I am Grateful for:




### Best Part of Today


### Resilience Affirmations

- I can do it.
- I am well.
- I am loved.
- I am safe.
- I am grateful.
- I am allowed to have fun.

### Things I Accomplished


## Day 5