Journal Prompt
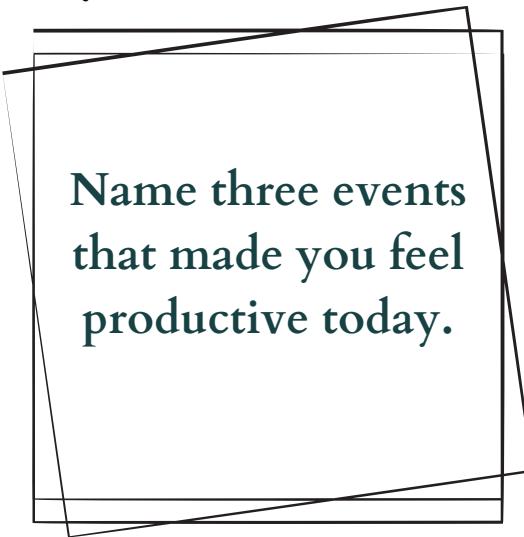## Mindfulness

Date _____

Name three events that made you feel productive today.

My Mood