

Day 5

**KEEP  
GOING**

**move  
forward**




# START YOUR JOURNAL

A top-down view of a desk with a light green background. In the top left, a portion of a white keyboard is visible. Below it is a white mouse. To the right of the mouse is a white sheet of paper. In the top right corner, a dark green leaf with white veins is placed. In the bottom right corner, a white ceramic cup is partially visible. The text "1. How are you feeling today?" is written in a large, black, sans-serif font over the white paper.

1. How are you feeling today?

2. Is there something you strongly want to write about?





3. Do you  
want to  
discuss it with  
someone?