

# CAREGIVER JOURNAL

DATE

Choose one or more of the following to write about for five minutes.

Today, I am grateful for...

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Today, I accomplished these tasks...(large and small)

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Write about a problem you are struggling with in the third person...

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Choose one or more of the following to write about for five minutes.

Write a Bible verse that encourages you and how it encourages you...

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Read Psalm 77, then cry out to God about your current struggles.

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Write about a way you saw God provide for you this week...

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