The 5-Minute Gratitude Plan

Day__________  Date__________  On a scale of 1 – 10, today was____________________

3 things that went well for me today

1. ____________________________
2. ____________________________
3. ____________________________

I worried about this today

1. ____________________________
2. ____________________________
3. ____________________________

What did I accomplish today?

1. ____________________________
2. ____________________________
3. ____________________________

I didn’t need to worry about

1. ____________________________
2. ____________________________
3. ____________________________

What could have made today better?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________