

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?
