



# 5-MINUTE GRATITUDE PLAN

We know that people who reflect on gratitude are happier, feel valued, and experience fewer health issues. How can we live a more grateful life?

People who give to others, those who “pay it forward” show a greater neural sensitivity in the medial prefrontal cortex, the part of the brain associated with learning and decision making.

- use positive emotional words
- use the word “we” more than “I”

Day \_\_\_\_\_

Date \_\_\_\_\_

On a scale of 1-10, today was \_\_\_\_\_

### 3 things that went well for me today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What did I accomplish today?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What could have made today better?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Five people I appreciated today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### I worried about this today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### I didn't need to worry about

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

