



Gratitude Log

Take 5 minutes each day to reflect on the positive things in your life. Use the prompts below to jump-start a new healthy habit and grow in your emotional well-being.

Day 1 Today I feel thankful for:

Day 2 The best thing that happened today:

Day 3 Today I learned:

Day 4 I smiled today because:

Day 5 I enjoy my work because:

Day 6 I am truly lucky because:

Day 7 _____ has made a difference in my life because:

Day 8 Today I achieved:

Day 9 Today I saw/heard/smelled/touched/tasted:

Day 10 I am looking forward to the future because: