

FIVE MINUTE GRATITUDE JOURNAL

1. What is one small thing that made today easier?

2. Who did something kind for me recently, even if they probably didn't think much of it?

3. What ordinary part of my routine would I miss if it disappeared?

4. What is something I have access to today that I once wished for?

5. What place makes me feel comfortable or safe? Why?

6. What is one recent memory I am glad I have?

7. What did someone teach me that I still use?

8. What is something about my current life that deserves more appreciation?

9. What is one thing my body helped me do today?

10. What small moment would I like to remember from this week?

