



# The 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	I worried about this today
1.	1.
2.	2.
3.	3.
What did I accomplish today?	I didn't need to worry about
1.	1.
2.	2.
3.	3.
What could have made today better?	
1.	
2.	
3.	