



5 Minute Gratitude Journal & Planner



Send mail: Bot@SortedMindzAI.com

Website: www.SortedMindzAI.com

5 Minute Gratitude Journal – Day 1

One Thing I Want to Remember About Today

Having a deep, meaningful conversation with a close friend that left me hopeful.

Today I Felt

Calm, focused, and a little proud for completing my tasks.

Today I am Gratitude For

- The kindness of my family
- Opportunities to learn daily
- A beautiful sunset

5 Minute Gratitude Journal - Day 2

One Thing I Want to Remember About Today

Finishing a workout even when I felt lazy in the morning.

Today I Felt

Energetic and accomplished.

Today I am Gratitude For

- My healthy body

- Access to fresh food

- Supportive friends

5 Minute Gratitude Journal – Day 3

One Thing I Want to Remember About Today

Reading a chapter of an inspiring book before bed.

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Today I Felt

Peaceful and thoughtful.

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Today I am Gratitude For

- Good books that open my mind
- A quiet evening
- My ability to focus

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5 Minute Gratitude Journal – Day 4

One Thing I Want to Remember About Today

Helping a colleague solve a problem at work.

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Today I Felt

Useful, connected, and appreciated.

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Today I am Gratitude For

- My job

- Friendly coworkers

- The joy of teamwork

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5 Minute Gratitude Journal – Day 5

One Thing I Want to Remember About Today

Cooking a healthy meal for myself and enjoying it.

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Today I Felt

Satisfied and proud.

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Today I am Gratitude For

- Nutritious food

- The ability to cook

- Moments of self-care

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5 Minute Gratitude Journal – Day 6

One Thing I Want to Remember About Today

Spending time in nature during a morning walk.

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Today I Felt

Refreshed and alive.

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Today I am Gratitude For

- Fresh air

- Birds chirping

- Time for myself

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5 Minute Gratitude Journal – Day 7

One Thing I Want to Remember About Today

Calling an old friend and laughing together.

Today I Felt

Happy and nostalgic.

Today I am Gratitude For

- Friendship

- Shared memories

- Laughter