

Daily Gratitude Checklist

SIMPLE GRATITUDE PRACTICES FOR BUSY DAYS

Use this checklist to quickly practice gratitude even on your busiest days. Check off each practice as you complete it to build a positive habit and boost your mood.

- ☐ Write down 3 things you are grateful for (morning or night)
- ☐ Take 5 deep breaths and think of something positive
- ☐ Send a quick thank you message or note to someone
- ☐ Notice and appreciate one small thing in your surroundings
- ☐ Reflect on a positive moment from your day
- ☐ Say a gratitude affirmation aloud
- ☐ Visualize something you look forward to with gratitude
- ☐ Take a mindful moment with your morning coffee or tea
- ☐ Recall a kind gesture someone did for you recently
- ☐ End your day by listing one thing that made you smile