

Gratitude Log

Name: _____

In addition to reducing stress, mindfulness practices can help us learn to appreciate life more fully. When we maintain ongoing practice of appreciating even the small details of life, we're better equipped to handle the stressful times with ease.

To supplement your mindful breathing practice, copy this page so you can keep a log of what you're grateful for each day. You might be grateful for big accomplishments (like getting an A on a tough assignment), events (like a trip), or the details of small, everyday happenings (like good weather or a fun time you had with a friend).

Today I'm grateful for ;

Date: _____

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Date: _____

Today I'm grateful for ;

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Date: _____
