



## Daily Gratitude Practice

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This practice can be done any time of the day and any location.

You can use a journal and write down your gratitude statements or put them in your phone or have an object that you hold (like a stone) when you say them. You can also make your gratitude statements while doing a daily activity like taking a shower, washing dishes, walking to your car, or driving home. If you are not writing them down, it is best to say them out loud but not necessary.

Clear your mind, taking a deep breath and release.

Scan back through the day or last 24 hours to find the events or people, or actions that you are grateful for happening in your life and make a statement for each. Find at least 3 things to be grateful for in the past 24 hours and make a statement for each.

It is important that each statement is specific. Such as, instead of "I am grateful for my health." State why and how you are grateful for your health, such as "I am grateful that I am healthy enough to walk my dog in the morning and see the sun come up."

Each statement should be about something that is currently happening in your life but can be tied to something that you did in the past, such as, "I am grateful that I contributed to a college fund for my child and now we have money to help pay for their college expenses."

If you are having a resentment about someone or something, you can make specific statements about the positives about that person or situation. For instance, if you are struggling with job stress, you can find the positives that you are grateful for each day at work. Such as "I am grateful for my co-worker who helped me complete the report I have been working on this week." Or "I am grateful to my co-worker who made a stressful meeting more bearable with their humor."

Get started, 3 statements daily,

"Today I am grateful for...."





## Daily Mindfulness Practice

**Set the timer for 3-5 minutes.**

**Sit in a comfortable chair with your feet on the floor or sit on the floor with your legs crossed, arms open. Eyes can be closed, unfocused or focused on a particular spot like a candle flame.**

**Breath in slowly and evenly hold for 5 seconds and then breath out.**

**Breath in deeper, slowly and evenly, hold for 5 seconds and then breath out.**

**Breath in slowly, evenly and deeply, hold for 5 seconds and then breath out.**

**Continue to breath in slowly and evenly and to release breath in the same slow and even pace.**

**Scan your body for feelings of discomfort or tension and identify the areas that feel tense.**

**Breath in and out as you thank your body for supporting and carrying you.**

**As you continue to breath in and out, slowly and evenly, scan for awareness of your emotions at this time, and identify any emotions you are experiencing, such as "I feel... calm/frustrated/happy/sad/irritated/anxious/nervous/excited/happy.**

**Do not worry or think about why you feel the emotions that you are experiencing now, simply identify them.**

**The emotion that you identify only needs to be true to how you are feeling currently. It is helpful to name your emotions and then to accept without judgement. They are not good or bad or right or wrong. They are simply your emotions at this moment in time and that is okay. Breath in and out, evenly, and slowly.**

**Say to yourself, "The emotions that I am experiencing now will change and develop as I move through my day, the are not good or bad, they simply are and that is okay."**

**Breath in and out, evenly, slowly and deeply.**

**Breath in and out, evenly, slowly and deeply.**

**Breath in and out, evenly, slowly and deeply.**

**Now start your day.**

