

Gratitude Exercise

- 1) Close your eyes and take a long breath in through your nose and exhale.
- 2) Bring your attention to your heart center and breath in deeply, hold your breath, exhale, and hold. Repeat.
- 3) With your attention on your heart center say to yourself, "I AM THAT I AM."
- 4) Now, call to mind something or someone that you are grateful for. Expand this feeling by thinking and feeling all of the aspects of this thing or person that you are grateful for.
- 5) Call to mind another part of your life that you are grateful for. Expand this feeling by thinking and feeling all the aspects of this part of your life that you are grateful for.
- 6) Now that you are full of gratitude, send love and appreciation to the things and/or people you thought of.
- 7) Bring your attention to your heart center and breathe in and out. Appreciate yourself for your gratefulness.

