

### **Gratitude Practice Guided Meditation**

Read through the script and be sure to take pauses periodically to let the information digest and allow the participants to take a moment to think:

As we shift into a gratitude practice and mindfulness activity, you have the option to go through this activity with your eyes closed sitting up or laying down or you can keep your eyes open, focused on a point with the option to write down answers to prompts throughout the activity. Before we get started, take a moment to notice what you're feeling right now and think about or write down answers to these questions. Where are you emotionally? What's on your mind? How does your body feel? Are you feeling any negative energy? If so, where?

Let's start with slow 3 deep breaths.

Breathe in, pause, breathe out.

Breathe in, pause, breathe out.

Breathe in, pause, breathe out.

Think of 5 things you're grateful for. (pause for 1 minute) Now focus on 1 of those things. (Pause for 20 seconds)

Why are you grateful for it? (pause for 45 seconds)

Take a moment to thank and express kind words to that thing. (Pause for 20 seconds)

What feelings does it evoke for you when you think about your gratitude for this? (pause for 30 seconds)

Sit with those feelings. Feel all of the positive emotions associated with your gratitude through your body.

Now choose one of those feelings and imagine it going through your body. Being sure to take a moment to breath as you go through each body part.

Starting with your feet, sending that feeling through each toe (pause 5 seconds)

Moving up through your legs (pause 5 seconds)

Through your stomach (pause 5 seconds)

Into your shoulders and down your arms (pause 5 seconds)

Sending it into your hands and to each fingertip (pause 5 seconds)

Now back up through your arms through your neck and to the top of your head (5 seconds)

Now take 3 more deep breaths. Take the next several minutes to focus on your breathing. Feel free to recite breathe in, breathe out in your head as you continue to breath steadily. (Pause for 5-7 minutes)

(Softly say) Take a moment to notice how you're feeling now. Lightly move your fingers and your toes. How are you breathing? (pause) Are your breaths flowing more gently? (pause) Do you notice anything different about how your body feels? (pause)

Think about the one item of gratitude you focused at the beginning of this exercise. What was it like to use that and allow your body to feel the positive energy associated with it? Take a moment to feel the positive emotion associated one more time. Now gently open your eyes or regain focus and return to the present moment.