

- THE -
Happy Gut
AT HOME PROGRAM

GRATITUDE MINDFULNESS MEDITATION

1. First, find a comfortable position to rest in, either in a chair, or on a comfortable flat surface.
2. Make sure you are in a quiet place where you won't be disturbed. Turn off your phone. If you're able, close the door to the room you're in.
3. Close your eyes and bring your awareness to your heart.
4. Start to observe your breathing. Notice the air as it comes in and out of your nostrils. Focus on your breathing for a few minutes.
5. Once you feel calm and settled, mentally ask the question:

What am I grateful for?

Just ask the question and let it go. Allow any sensations, feelings, emotions, images and thoughts to come to you.

Continue for a few minutes, repeating the question:

What am I grateful for?

6. Now, keeping your awareness in your heart, mentally say to yourself:

Today I will judge noting that happens.

Continue for a few minutes, repeating the sentence:

Today I will judge noting that happens.

7. Now, bring your awareness back to your breathing. Take 3 deep breaths, in through the nose and out through the mouth.
8. Slow open your eyes. Notice how you feel.