

Pause and Reflect: What Are You Grateful For?

- **Set-up:** Minimize distractions, turn off your cell phone; tell others you would like a few minutes to yourself.
- **Materials needed:** A journal or paper and writing utensil
- **Time:** 5 minutes
- **Purpose:** To explore the feeling of gratitude and how it feels in your body.



Step 1

- Sit comfortably, pausing
- Close your eyes
- Settle into your body



Step 2

- Feel your feet, your seat, and your hands.
- Pay attention to the breath.
- Breathe deeply and release any unnecessary tension that is willing to be let go.



Step 3

- Allow space for whatever arises in this exercise, meeting yourself with kindness as best you can.



Step 4

- As you begin, notice how your body feels, the quality of your mind, your mood, your energy level.
- Let yourself take a “mental snapshot” of how you are feeling in this moment.



Step 5

- Now, reflect: “what am I grateful for?”
- Take some time to sink into this reflection, opening to whatever arises.



Step 6

- Notice how gratitude feels in the body- perhaps a warmth, a sense of ease, lightness, spaciousness or a smile.
- Allow yourself to really soak this feeling in.



Step 7

- When you feel a sense of completion with your reflection, pause to notice how your body feels now, the quality of your mind, your mood, your energy level.
- Now call to mind how you felt at the beginning of this exercise.
- Has anything shifted for you?

