



# mindfulness

## E X E R C I S E S

### Day 7 Gratitude

Let's begin this practice of gratitude by simply allowing the body to settle. Finding a posture that feels relaxed and awake. You can close your eyes or look downward just to limit visual distractions. Inviting a sense of ease into the body as you breathe naturally in through the nose and out through the mouth. Dropping your shoulders. Relaxing the muscles around the eyes. Softening your hands. And relaxing your belly.

Now I invite you to start by simply noticing something simple that you're experiencing in this moment. It could be the sight of a tree swaying gently in the wind, feeling the warmth of sunlight on your skin. Or maybe the experience of comfort from the chair that you're sitting on. Maybe just the simple wonder of pausing in the middle of your busy life to engage in this practice right now. Choosing one thing to notice and allow it fully into your experience. Appreciating something about it. Letting appreciation to arise and fill your body and your mind.

Building this appreciation for this one simple thing that you're experiencing right now no matter how simple it is.

Now I invite you to shift your awareness to someone in your life who has supported your experience today in some way. Could be a bus driver, a person who stacked the fruit in the grocery store. Maybe the author of a book that you're reading right now. Maybe a loved one who simply gave you a hug or a smile. Allow yourself to feel how you've benefited from this gift. No matter how simple. Allowing yourself to feel appreciation and gratitude.

Bringing awareness to your body to the fact that you're breathing in this moment. Knowing that if you're breathing there is more right with you than wrong. Each breath is a gift of life. Allow yourself to notice how precious each breath is.

The wonder of your body. Breathing. Appreciation for each moment. Regardless of how simple it may be.



And I encourage you at the end of each day, whether you're at dinner or about to going to sleep, to think of three things or people to be grateful for and to share them out loud with a friend or a loved one. Or write them down in a journal. And to notice how you feel when you're grateful. How it feels in the body to have this appreciation for the simple things in life. The more we practice gratitude the more we open up to the wonder and beauty of each moment.