

Finding Gratitude

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



FINDING GRATITUDE

The act of feeling grateful is a powerful tool in strengthening resilience.

When we are stressed we tend to feed the negativity through the choices we make as a way to keep us in that place. This lowers our resilience even further. A technique for overcoming this is to meditate on gratitude, by thinking about all of the good things in life that we are grateful for at this very moment.

We can begin with the simple things like the fact that we're alive; we're breathing; we have a brain that's functioning. We can find daily gratitude in these basic areas of life. The areas of gratitude make this present moment, this "What Is" moment, worthy of our focused attention and appreciation.

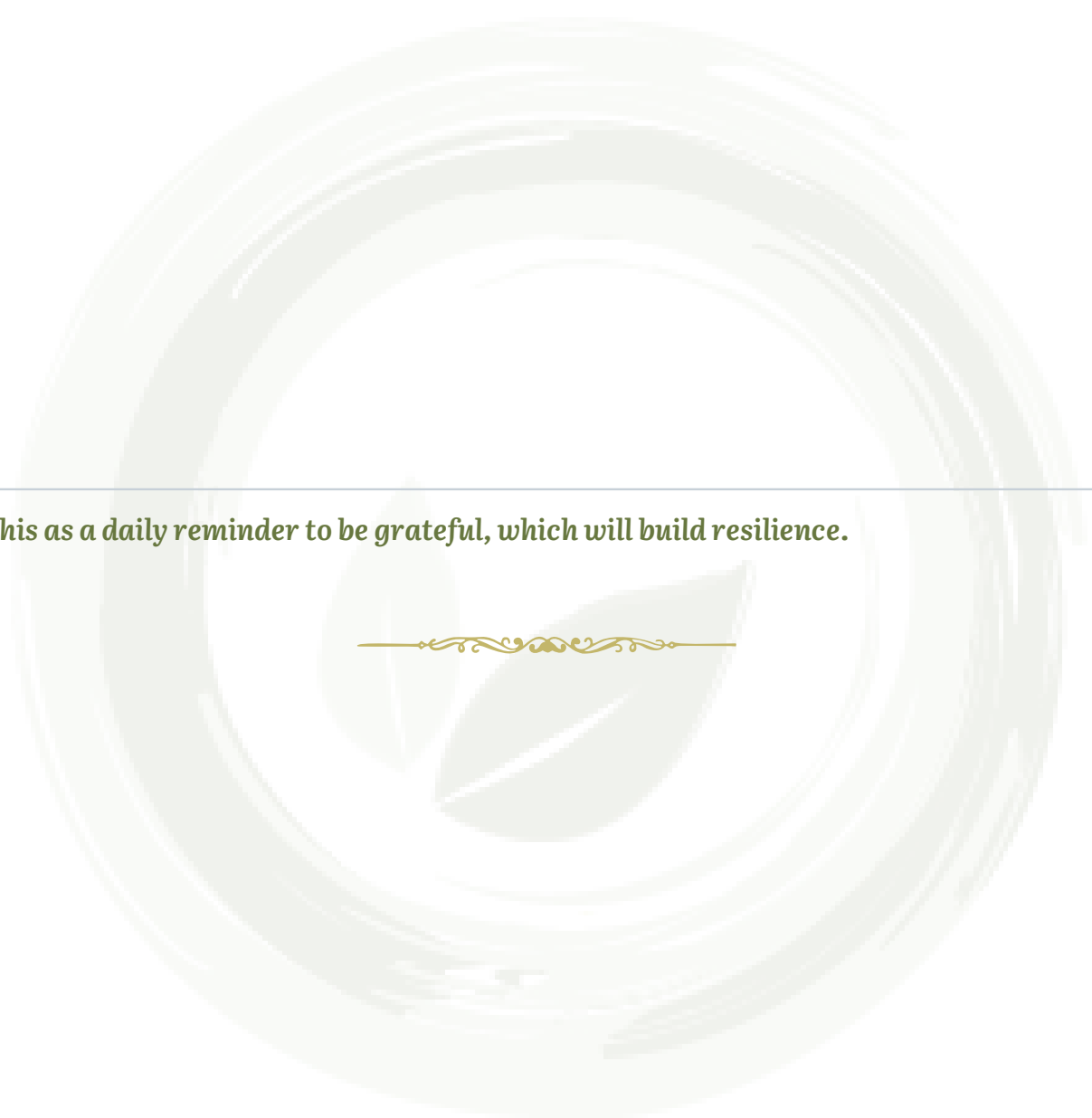
ILLUSTRATING GRATITUDE ACTIVITY

In the box below, use drawings and text to illustrate all of the things that you personally feel grateful for. This could be: People/Pets/Beings, Mind/Body/Health Elements, Personal Traits/Abilities, Living Conditions, Hobbies/Activities, Situational Aspects, Vocational Aspects, Other Aspects. Consider keeping it visible so it can be viewed as a daily reminder to be grateful.

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I'M GRATEFUL FOR...



A large, faint, circular graphic with concentric rings and a leaf design in the center, serving as a background for the writing area.

View this as a daily reminder to be grateful, which will build resilience.

