

Gratitude practice

Things needed:

Journal or Notebook

When:

Shortly after you wake up

Where:

Quiet Space with no chance of distraction. Try to find a space that doesn't have any meaning or history to you, neutral, quite space that you a can dedicate to this gratitude practice. As you continue to develop this practice you will begin to associate that space with the feelings and emotions of gratitude.

How:

Step 1

Write down a list of everything in your entire life you can remember that you would deem as traumatic, things that have caused you pain, anger, sadness, severe anxiety, etc.

Once you have written them down, organize them in chronological order from when you were youngest until the present. Beside each event, write down approximately what age you were.

Step 2

Go back to your earliest memory and reflect on what good or positive came from this traumatic or difficult event. Maybe a lesson that you or others were taught by this happening.

Once you are done with the entire list, by starting at the beginning, read the following out loud to yourself.

I, _____, am grateful for...(write out what the event was)..... because I learned..... And it taught me

Read all of them 3 x outloud to yourself,
you should work on this everyday.