

Soul Matters monthly journal and anchoring practice prompts, written by Rev Tandi Rogers

November 2025: Nurturing Gratitude

Week 1: Meaning-Making

- What does gratitude mean to me—not performative, but true?
- How is it different from forced positivity?
- What is the relationship between gratitude and justice?

Anchoring Practice

- Body Check-In: What sensations arise when I feel grateful?

Week 2: Lived Experience

- What moments this week stirred true gratitude in me?
- What simple joys did I notice?
- How do I express gratitude in a way that feels embodied?

Anchoring Practice

- Nature Connection: What elements of the natural world inspire gratitude in me?

Week 3: Obstacles and Invitations

- What gets in the way of gratitude?
- Where am I invited to shift perspective or slow down?
- What's a painful place where I might still find gratitude?

Anchoring Practice

- Art/Poetry/Spirit Touchstone: What piece of art or music reminds me of life's goodness?

Week 4: Integration and Practice

- A gratitude ritual I want to try:
- One person I want to thank:
- A reminder I want to post or carry:

Blessing

May you notice what is quietly good.
May you give thanks with your whole body.
Not as performance, but as deep practice—
A way of staying rooted in the sacred, even when the wind picks up.