

# Gratitude

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

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



Developing gratitude is not only a grounding practice, but opens our awareness to all the good in our lives, opening our hearts in the process.

When we're steeped in gratitude, we connect to the reality of our current situation in a very grounding way.

Part of that reality, is that things are not as bad as they seem. Gratitude opens our eyes to all that is going well in the present moment. Deepening our ability to recognize the good in all things is part of the process of developing contentment, the highest stage of happiness.

Gratitude is also a foundation from which we move in the world as kind hearted people, thereby creating the positive karma for even more things to go well.

True gratitude leads to action. For example, if I'm grateful to have you as a friend, I'll treat you accordingly. If I'm grateful to have a roof over my head, I'll take care of that space. If I'm grateful to have food in my fridge, I won't waste it.

Try the following meditation to strengthen your gratitude, then work the questions below.

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### GRATITUDE MEDITATION

- Set a timer for 5, 7, or 10 minutes
- Sit upright in a comfortable, quiet place
- Close your eyes and become aware of your breathing
- Notice where you are
- Begin with recognizing your good fortune in having been born in your particular country
- A place that is relatively safe, and offers so much opportunity
- Zoom in further to your particular region of that country
- How lucky you are to be there, note all the positive qualities of the area around you
- Zoom in then further to your neighborhood, noting all its fortunate qualities
- Zoom in to the shelter in which you sit. Aware that not everyone is to fortunate to have a roof over their heads
- Notice the clothes you are wearing, or the comfort of the cushions or chair upon which you are sitting.
- Notice your human body. Breathing. Functioning.
- Experience gratitude for each of your senses. Hearing, seeing, tasting, smelling, sensing.
- Recognize that you are here right now meditating.
- How rare and precious it is that you have interest in learning, growing, and deepening your awareness.
- Sit with this sense of gratitude until your timer goes off

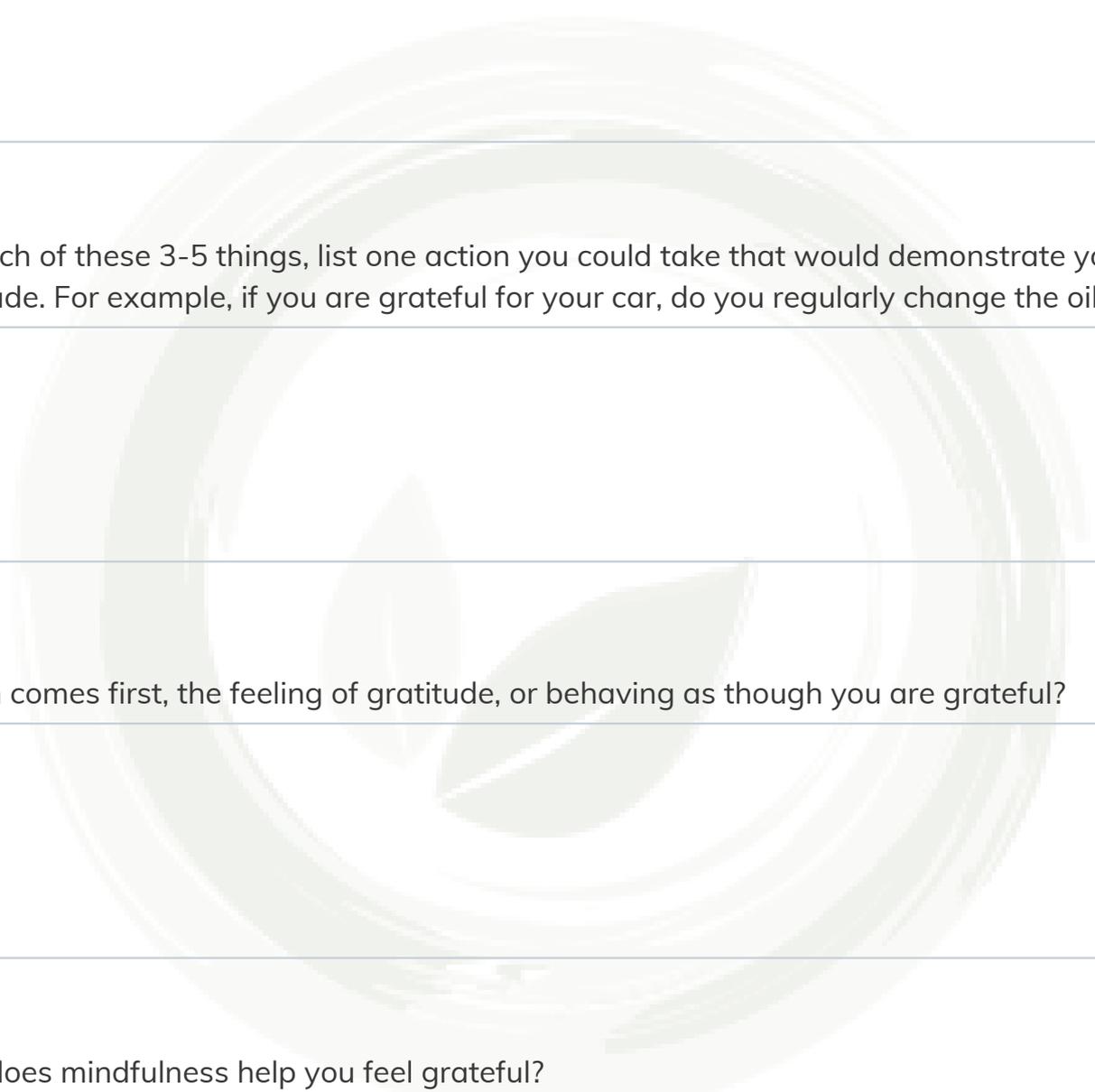
### WHAT DID YOU NOTICE?

Describe your experience with the meditation in general

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Name 3-5 things that you are most grateful for.



For each of these 3-5 things, list one action you could take that would demonstrate your gratitude. For example, if you are grateful for your car, do you regularly change the oil?

Which comes first, the feeling of gratitude, or behaving as though you are grateful?

How does mindfulness help you feel grateful?

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## Mindfulness Worksheet

How would mindfulness help you act gratefully?



Why do you think a grateful attitude is grounding?

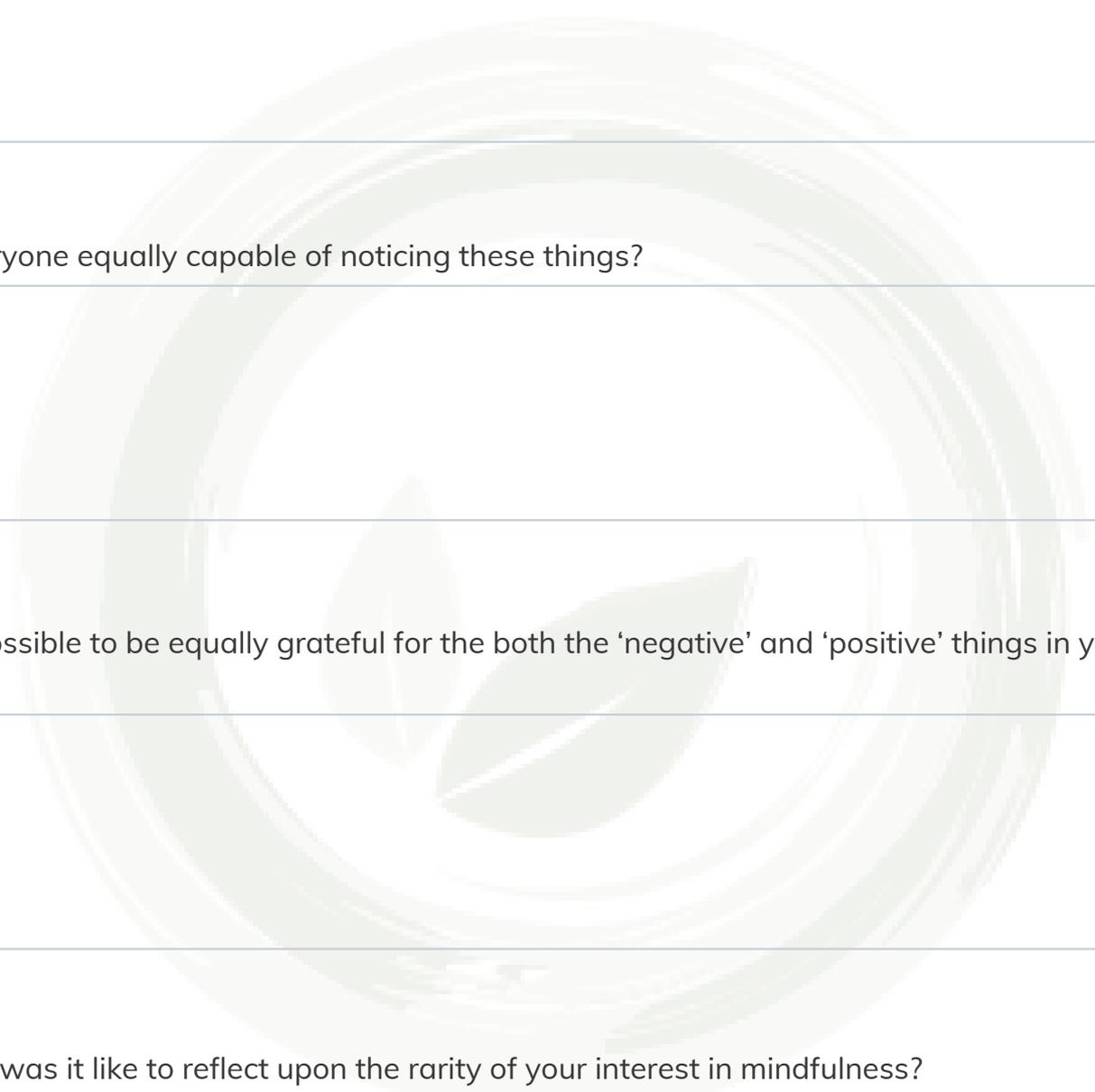
How might gratitude be related to compassion or empathy?

Do you think that people who are grateful are also more kind?

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Does everyone in the world have at least 3-5 things to be grateful for?



Is everyone equally capable of noticing these things?

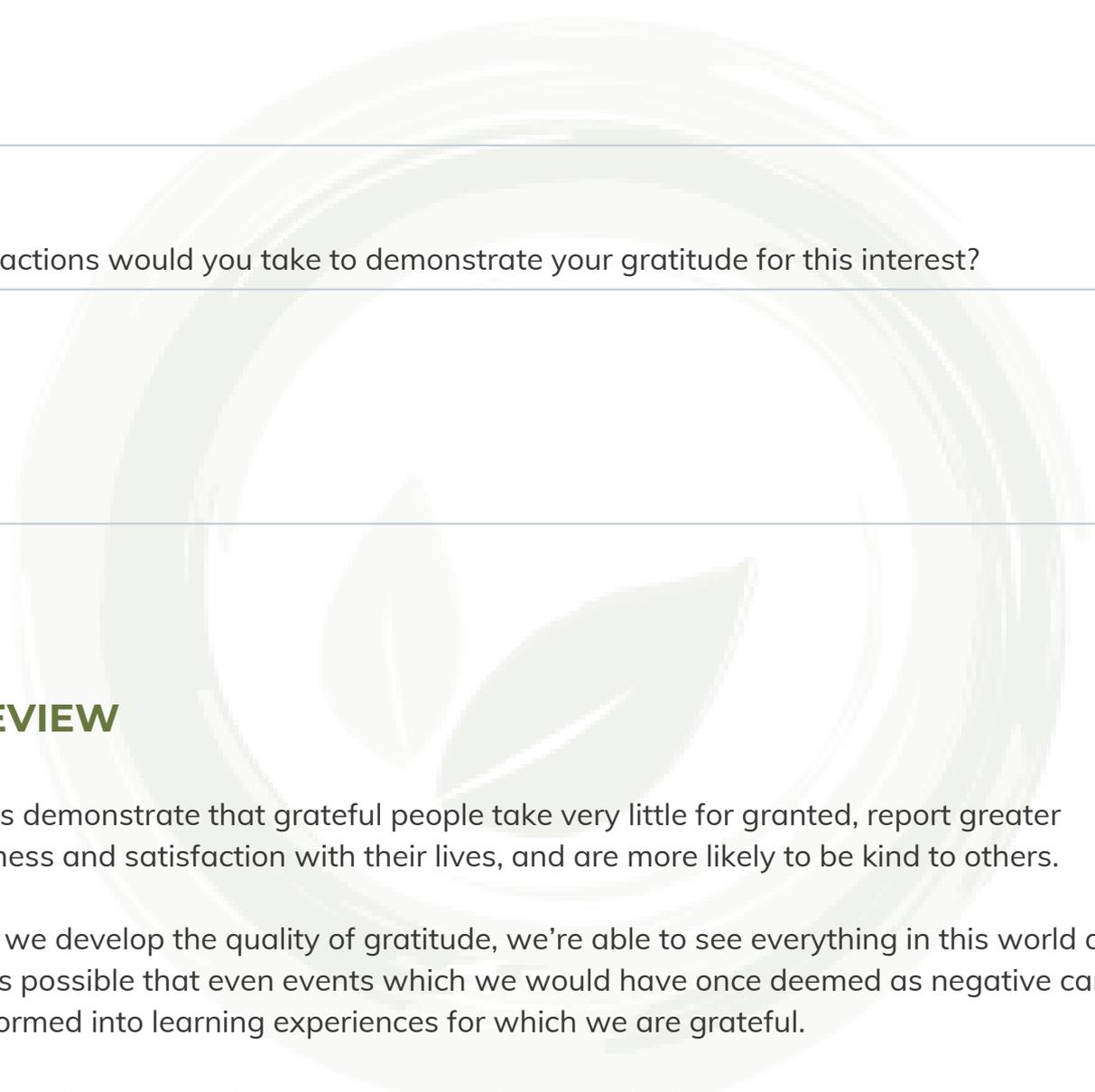
Is it possible to be equally grateful for the both the 'negative' and 'positive' things in your life?

What was it like to reflect upon the rarity of your interest in mindfulness?

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Do you think that your interest in learning and growing is unique?



What actions would you take to demonstrate your gratitude for this interest?

### REVIEW

Studies demonstrate that grateful people take very little for granted, report greater happiness and satisfaction with their lives, and are more likely to be kind to others.

When we develop the quality of gratitude, we're able to see everything in this world as a gift. It's possible that even events which we would have once deemed as negative can be transformed into learning experiences for which we are grateful.

As we begin to work with gratitude, we take note of what we have. As our practice grows and develops, and as our happiness and satisfaction with life increases, we become naturally inclined to share this with others. Gratitude at that point becomes less about what we have, and more about being grateful for what we can give.