

Opening Your Heart and Mind to 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



MindfulnessExercises.com/Opening-Heart-Mind-Gratitude

1. Begin to look for opportunities to be grateful.

2. Start noticing what people provide for you each day. Be thorough—notice all of them.

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3. Observe how much is freely given to you each day by life itself.



4. Keep capturing chances to be grateful. Allow your heart to open more and more to the experience of gratitude.

5. How will you take what you learned from this forward into your life?