

Appreciate Life MORNING GRATITUDE

The purpose of this activity is to start your day off with a positive awareness and connection to spirit.

WHEN YOU FIRST WAKE UP AND ARE STILL IN BED...



- Think of one thing you are grateful for, with your eyes still closed.

GIVE GRATITUDE



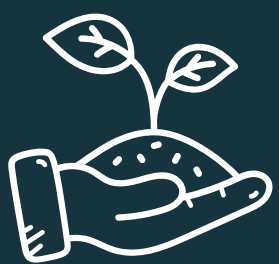
- Mentally say to yourself what you are grateful for in the present moment.
- “I am grateful for...”

STAY IN APPRECIATION



- Think about what the gratitude you thought about means for you currently in your life and why you are grateful for it.
- Think about how you, yourself are important today.

SET AN INTENTION



- How can you make this gratitude a part of your day today? What can you do to make sure it's present in your life?

REFLECTION



- Wake up, get out of bed, go about your day, and then come back to the gratitude thought before the day is over. Think about what it meant for you today...