

My “Today, I Am Thankful For...” Exercise

Purpose:

To spend time recognising and acknowledging what you are thankful for today because it helps you stay inspired and motivated to strengthen your desire to relax, have less stress, and more soulful Me-Time in your life.

Preparation

1. Gather your thoughts, find a quiet, comfortable space, sit quietly and take a few soft gentle breaths in and out through your nose.
2. Say a few inspirational words or an affirmation to yourself, for example “I am thankful for the greatness in my life”.
3. Set your phone timer for ten minutes.
4. Press “start” on your phone timer.
5. Write in the space below the things, people, experiences, possessions you are Thankful For Today...keep it short and to the point and if you wish, you can give a brief explanation.
6. When the timer goes off, sit quietly for a few more moments and be present and thankful for the energy flowing through.
7. Gently re-engage with your day.

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