



The Practice of Gratitude

"Have you ever thought about gratitude not as a response but as a force in its own right; an initiating and healing energy that is not dependent on external circumstances but is rather an innate power of the human soul?" - Cynthia Bourgeault

- Quiet your mind with three deep breaths
- Wrote three things you are grateful for
- Reflect on the daily prompt by writing a note to self

| Date | Three Things I'm Grateful For | Prompt | Note to Self |
|--------|---|--|--------------|
| SUNDAY | <ul style="list-style-type: none"> • • • | "Everyday I see or hear something that more or less kills me with delight." - Mary Oliver | |
| MON | <ul style="list-style-type: none"> • • • | Opening to gratitude helps us be present in the world with grounded presence, open to beauty and wonder. | |
| TUE | <ul style="list-style-type: none"> • • • | Who or what inspired me today? | |
| THUR | <ul style="list-style-type: none"> • • • | "Grace my friends, demands nothing from us but that we shall await it with confidence and acknowledge it in gratitude." - Babette's Feast | |
| FRI | <ul style="list-style-type: none"> • • • | "Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. And give thanks for them. God is in the details." - Ignatius | |
| SAT | <ul style="list-style-type: none"> • • • | "Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment." - Henri Nouwen | |