



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.
- Write three things you are grateful for each day.
- Reflect on the daily prompt by writing a note to self.

Date	Three Things I'm Grateful For	Prompt	Note to Self
MON	<ul style="list-style-type: none"> • • • 	"Everyday I see or hear something that more or less kills me with delight." - Mary Oliver	
TUE	<ul style="list-style-type: none"> • • • 	Opening to gratitude helps us be present in the world with grounded presence, open to beauty and wonder.	
WED	<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." - St. 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	

