



THINK OF ONE THING FOR WHICH YOU ARE GRATEFUL. ALLOW THE FEELING OF GRATITUDE TO SWEEP OVER AND THROUGH YOU. FOCUS ON WHY YOU FEEL THAT WAY.



Let your appreciation swell even more until it fills all of you. Work out where it manifests itself on your body and what that feeling is like. Have that feeling stay with you for as long as you can through the day. Notice when something happens that diminishes it and counteract that effect by focusing again on your gratitude. Make notes about where this gratitude resides in you and play with other things you are grateful for to discover where they live in you.
