

## A Cognitive Tool: Gratitude Practice



### Why Practice This Tool?

Intentionally focusing on what we are grateful for in our lives helps to orient us away from negative or stressful thoughts. It encourages us to practice seeing the good that is around us every day.

### Steps:

This guided meditation helps us to slow down and intentionally practice appreciation and gratitude.

1. To begin, place your feet on the floor while sitting or standing in a comfortable position.
2. Take a few cleansing breaths in and out. Notice the rhythm of your natural breath.
3. Close your eyes if it's comfortable and feel the weight of gravity, feeling the earth supporting you.
4. Now, bring to mind something or someone you appreciate. Really picture what you are grateful for, as if it was right in front of you.
5. Let the images of all the things and people you are grateful for flood your mind.
6. Sit with these images for as long as you like and notice what you feel inside.
7. Continue this practice until you notice greater calm and ease in your body and mind.
8. Notice how you feel now.

Check out this video for a guided practice: [Gratitude Practice](#)