

I'M SO GRATEFUL FOR...

How often have do we say to ourselves..."If I just had ____ I could be happy?" Once I have that new cell phone... I have that car ... I get that title...raise...relationship ... as soon as I meet that goal -then I can be happy! In your meditation this week I would like to invite you to answer the statement "I'm so grateful for _____" *50 times!!!*

I am so grateful for God, Jesus, Higher Power (Now, get personal!)

I am so grateful for _____. I am so grateful for _____.

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People often say, this is when the exercise gets tough.

I am so grateful for _____. I am so grateful for _____.

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This is where I have seen people tear up

I am so grateful for _____. I am so grateful for _____.

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I am so grateful for _____. I am so grateful for _____.

Reflective questions:

1. When did the exercise get difficult?

2. Was there anything you wrote down that surprised you...something that you never considered to be grateful for before?

3. What part of your work are you most grateful to have the opportunity to do?