

Affirmations of Gratitude

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Affirmations of Gratitude

Affirmations offer inspiration and support in building the capacity to identify and remember gratitude each day. From research, we know that something must be repeated seven times to be remembered.

So, the following are some affirmations. Then I will repeat seven times. And I invite you to repeat these with me.

I am grateful for the gifts I receive from others. I am grateful for the gifts I receive from others. I am grateful for the gifts I receive from others. I am grateful for the gifts I receive from others. I am grateful for the gifts I receive from others. I am grateful for the gifts I receive from others. I am grateful for the gifts I receive from others.

My heart holds gratitude toward others, myself, and the greater good. My heart holds gratitude toward others, myself, and the greater good. My heart holds gratitude toward others, myself, and the greater good. My heart holds gratitude toward others, myself, and the greater good. My heart holds gratitude toward others, myself, and the greater good. My heart holds gratitude toward others, myself, and the greater good.

I am open to receive and give love. I am open to receive and give love.

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I release hurts through compassion, kindness, and thankfulness. I release hurts through compassion, kindness, and thankfulness.

I am grateful for my health. I am grateful for my health.

I rejoice in the way things are. I rejoice in the way things are.

I am grateful for the gifts I receive from others. My heart holds gratitude towards others, myself, and the greater good. I am open to receive and give love. I release hurts through compassion, kindness, and thankfulness. I am grateful for my health. I rejoice in the way things are.

