

# Ending the Day with 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



## Ending the Day with Gratitude

Hello and welcome to this meditation. This session is best listened to at the end of a busy day when you are free to relax. Take a few moments to close your eyes and then we'll begin to release any lingering tension or stress leftover from the day.

Settle in and breathe. Slowing down the breath now. Deeper inhales and longer exhales. During the course of a busy day, we often forget to breathe. Here in this space, you have the opportunity to pay more attention to your breath, taking more time with each inhale and with each exhale until you reach a more calm slow rhythm of breathing. Settling into a deeper state of relaxation with each breath.

Now, allow your mind to travel over the events of the day. From waking up until this moment, let your day wash over you. Make an effort to disconnect from any lingering responsibilities, any stresses about how your day went or how tomorrow will go. Remember that we are here to find gratitude for the day. Relaxing the shoulders now, letting your head tilt forward slightly or tilt backwards if you would like to rest it on a cushion relieving the neck of strain. Bring your mind back to your day thinking about everyone who you came into contact with. Who was the first person you saw today? How about the last person you interacted with? Recall the conversations you had. The smiles or pleasantries you exchanged. Recall every moment of interaction. And as you do so, express gratitude for these moments of connection. Even amid misunderstandings or arguments, we must remember that we are all human. We can learn a lot about each other if we simply listen and stay present.

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Sharing our experiences with others is a gift. Collaborating with others is a true treasure aligned with thankfulness as you continue to recount the connections of the day. Give your mind free reign here. Try not to make any adjustments to your thoughts. Simply let your mind flow unhindered.

Now, connect with your body. Think of everything it's done today to keep you safe and healthy. Think of all of the processes that go on inside out of sight. Sit in thankfulness for everything that your body has done for you today. Once again, no judgements just gratitude.

Consider the food that you've eaten today. The nourishment that you've given your body. Once more, no judgements simply appreciate every ounce of energy that your body has received.

Think about the memories that you made today. What will you remember in five years? In ten years? Consider the notable events that you experienced, even a small gift, a great meal, or a beautiful sunset will do. What did you experience today?

Allow your mind to wander over any prominent emotion that you experienced. Good or bad, remembering that you are here to experience it all. You wouldn't know joy if you didn't first experience sorrow after all. Each emotion contributes to your story. What was your story today?

If your emotions become overwhelming, bring yourself back to center with the breath. Simply breathing and returning to the present for a few moments and then exploring your emotions once more when you're ready. Thankful for each and every one.

Finally, express gratitude for all of the skills that you carry. Everything that you utilize in your daily life. Perhaps you're especially good at solving problems, putting logic at work today. Or maybe you called upon your creative side or channeled your compassionate nature to remedy a situation. Appreciate these gifts and trust that you are growing them every single day becoming stronger with each experience. Continue to sit with this awareness breathing easily.

And now, come back to the present moment allowing the day to dissolve. Right here in this moment, you have no obligations. You are here to relax. You are here to rest. Once again, make sure that your shoulders and back are loose. Free of stress. Relieved of all responsibility.

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Your back softening into your cushions. Your forehead relaxing. Your job nice and loose. Lips parted. Every limb nice and limp, relaxed.

Let fulfillment course through you. The deep satisfaction that follows a long productive day. Whether you accomplished everything you set out to do today is no matter. You showed up, you were present, and you gave it your all. Right now, you deserve to slow down letting your body and mind rest. Take a few more deep letting go breaths as you sink even deeper into relaxation. Breathing in and breathing out. Release. Inhale and exhale. Relax. You may continue to breathe deeply, eyes closed and body resting, or you may choose to open your eyes coming back to your surroundings and continuing your night feeling peaceful, grateful, and fulfilled.

