



# Gratitude

Mindfulness and gratitude go together. By practicing mindfulness, we can begin to see where our thoughts and feelings sometimes act as barriers between us and the many gifts of our lives. Similarly, as we practice gratitude, we are becoming more mindful of the good things in our lives, however small, which we may be used to overlooking. Practicing mindfulness and gratitude helps us to find balance as we face life's challenges.

**DIRECTIONS:** Sit quietly where you are. Notice what you see, hear, smell, taste, and feel in this moment. Write down ten things that you are grateful for.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_