

“I wake up and fall asleep saying thank you. All through the day I can't tell you how many times **I just say thank you.**”

James, 2005

Reflection

When you wake up in the morning, before you get out of bed, breathe in thanks and breathe out you. As you breathe in, let the different people and things you are grateful for float through your mind and settle in your heart. As you breathe out, imagine you are sharing this gratitude with every living being. Continue this practice throughout the day and make it the last thing you do at night.

Art by Jason B.



Questions

What are you most grateful for in your life?
What are ten things you are grateful for right now?
Throughout the day, write down everything you are grateful for when you think of it. What stands out? What surprises you?