



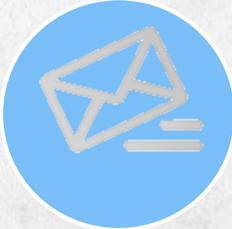
Gratitude

Meditation

Meditation Preparation



Silence your phone



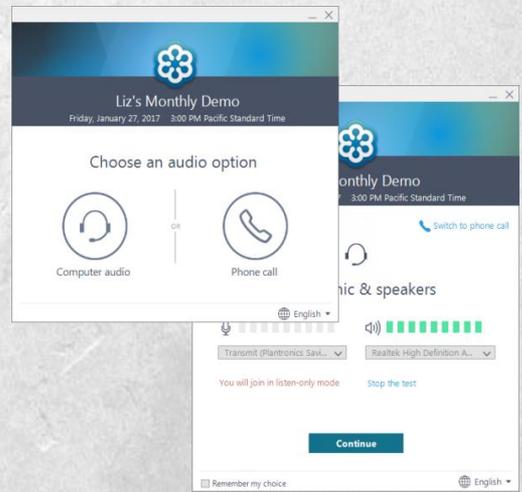
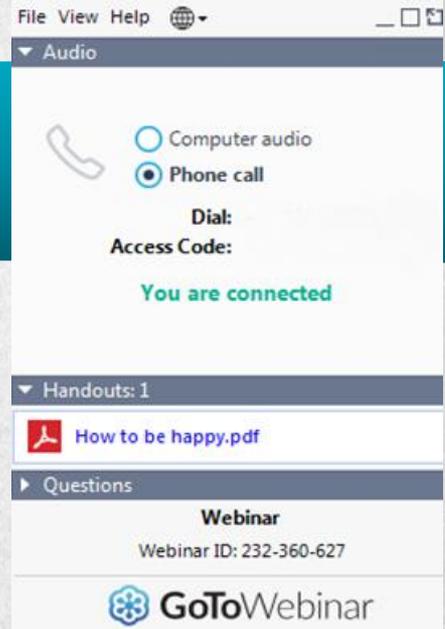
Exit out of email



Create a quiet Space



Play music



Silent Meditation

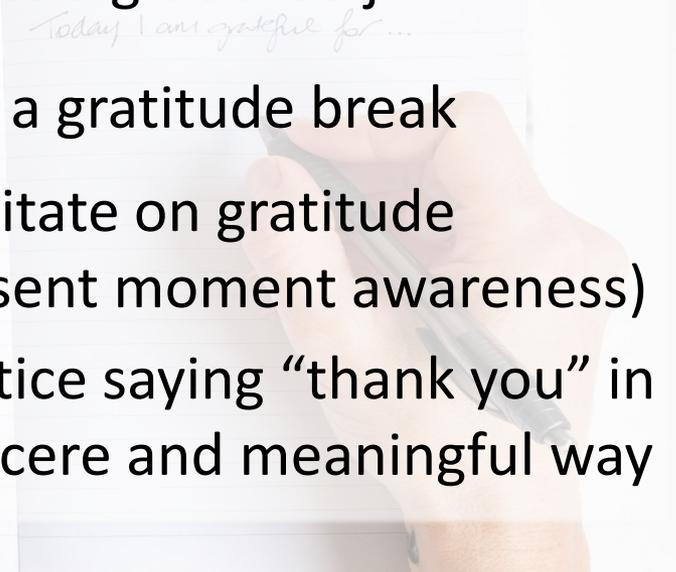


Gratitude is the appreciation of what is valuable and meaningful to oneself — and a general state of thankfulness and appreciation.



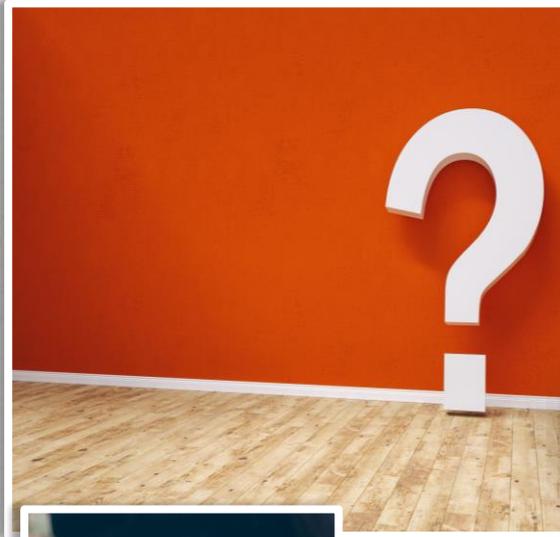


Practicing Gratitude

- Journal about things for which you are grateful
 - Savor the present moment
 - Take a gratitude walk
 - Create a gratitude playlist
 - Create a gratitude jar
 - Take a gratitude break
 - Meditate on gratitude (present moment awareness)
 - Practice saying “thank you” in a sincere and meaningful way
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Gratitude Meditation

Thank you for joining us today for our meditation!



Questions?
please contact us at :

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