

Gratitude Meditation

Webinar Handout

Overview

This webinar introduced a silent meditation and a guided gratitude meditation.

The power of gratitude

Gratitude is the appreciation of what is valuable and meaningful to you. It is also a general state of thankfulness and appreciation. Studies show that practicing gratitude daily can help you maintain a more positive mood, sleep better, improve your relationships, decrease your stress, and increase your overall satisfaction in life. It allows you to be aware of and appreciate all that you have.

Ways to practice gratitude

Keep a gratitude journal – Once a day, write down three to five things for which you are grateful – anything that is specific to that day. This can include relationships, feelings, abilities, positive situations, or other blessings.

Meditate – Mindfulness meditation involves focusing on the present moment without judgment. Focus on what you are grateful for while you meditate (e.g., the warmth of the sun, a pleasant sound, etc.).

Take a gratitude walk – Take a walk and notice all the things that you are grateful for around you, such as the trees, sky, gentle breeze, flowers, butterflies, etc.

Liberally and sincerely express appreciation – Say thank you often and authentically. Say, “I appreciate you and what you did.” Give recognition.

Write a thank-you note – Write a thank-you letter expressing your enjoyment and appreciation of a person’s impact on your life. Send it, or better yet, deliver and read it in person if possible.

Create a gratitude playlist – Make a playlist of songs that inspire gratitude, kindness, and appreciation.

Create a gratitude jar – Any time you experience a moment of gratitude, write it on a piece of paper and put it in a jar. Empty the jar from time to time to review everything you have written.

Take a gratitude break – Close your eyes, relax, and for one minute, think about all the things you are truly and deeply grateful for.

