

## Mindfulness: Feeling Positive



- Sit or lie comfortably in a quiet place
- Focus on the moment, keeping your mind very still. Say to yourself *“For this I am grateful”*.
- Now think of something that you are grateful for. It might be a person, an event or a place – anything for which you are grateful.
- Repeat *“For this I am grateful”* but don’t just say the words – allow yourself to feel the good feelings that accompany the thought. What are you thankful for when you think of the person/place/event?
- As you concentrate on feeling thankful, breathe deeply and really feel the gratitude.
- Now focus on one thing that you love about yourself. Say *“For this I am grateful”*.
- Think of something yesterday that made you feel grateful and say again *“For this I am grateful”*.
- Focus on the positive emotions that you are feeling at this time.

