

## 2-Minute Gratitude Meditation Script

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### Introduction:

Welcome to this brief gratitude meditation. Take a moment to find a comfortable position, whether sitting or lying down. Gently close your eyes and take a deep breath in through your nose, and slowly exhale through your mouth. Let's begin.

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### Body:

#### 1. Breathing and Centering (30 seconds):

- Take a deep breath in, hold it for a moment, and then slowly exhale.
- As you breathe in, feel your body relaxing. As you breathe out, release any tension.
- Focus on the natural rhythm of your breath. Inhale deeply, and exhale slowly.

#### 2. Guided Gratitude Reflection (1 minute):

- Bring to mind something or someone you are grateful for. It could be a person, a place, an experience, or even a small moment from your day.
- Picture this in your mind. Visualize it clearly. Feel the gratitude swell in your heart.
- Allow yourself to experience the warmth and joy that this sense of gratitude brings.
- As you hold this image in your mind, silently say "Thank you" three times.

#### 3. Closing (30 seconds):

- Take another deep breath in, feeling the gratitude filling your entire being.
  - Slowly exhale, releasing any remaining tension.
  - When you are ready, gently bring your awareness back to the present moment. Wiggle your fingers and toes, and when you feel ready, slowly open your eyes.
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### Conclusion:

Take a moment to notice how you feel. Carry this sense of gratitude with you throughout your day. Thank you for taking these moments to meditate and cultivate gratitude.

