

## **10-minute gratitude meditation script**

### **1. Introduction (1 minute)**

- Find a comfortable seated position. Sit up straight but relaxed.
- Close your eyes and take a few deep breaths to center yourself.

### **2. Body Awareness (1 minute)**

- Bring your attention to your body. Notice any areas of tension or relaxation.
- Breathe into these areas, letting go of any tightness with each exhale.

### **3. Focus on Breath (1 minute)**

- Gently shift your focus to your breath. Observe the natural rhythm of your inhalation and exhalation.
- Allow your breath to become slow and steady.

### **4. Recall a Positive Experience (2 minutes)**

- Think of a recent experience or moment that brought you joy or satisfaction.
- Visualize the details of this experience—where you were, who was with you, what you felt.

### **5. Acknowledge and Appreciate (2 minutes)**

- Reflect on what made this experience special. Acknowledge the positive emotions and aspects.
- Express silent gratitude for this moment and the positive impact it had on you.

### **6. Expand Gratitude (2 minutes)**

- Extend your gratitude to other areas of your life. Think of people, situations, or things you're thankful for.
- Imagine these sources of gratitude surrounding you, filling you with warmth and appreciation.

### **7. Affirmations (1 minute)**

- Silently repeat positive affirmations such as:
  - "I am grateful for the abundance in my life."
  - "I appreciate the love and support I receive."
  - "I am thankful for the opportunities that come my way."

## **8. Closing (1 minute)**

- Gently bring your awareness back to your breath. Notice how you feel now compared to when you started.
- Slowly open your eyes and take a moment to transition back to your day, carrying the feeling of gratitude with you.