

## September Qigong and Gratitude Practice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Each night before you go to sleep, think of the things for which you are grateful.	Say thank you to someone.	Practice the New Year Form.	Tell someone you love them.	Appreciate someone you often see but seldom thank.	Practice Tai Chi Walking.
Do not complain about a single thing today.	Practice Golden Rooster.	Learn something new and appreciate the excitement that accompanies it.	Look around your room and pick 5 things you are grateful for.	There is only one you - let your light shine!!	Unplug and take a walk outside and appreciate the Qi of nature.	When you wake up, immediately say to yourself - something wonderful is going to happen today!!
Do something unexpected for someone.	Practice eye exercises.	Give someone a hug.	Think of your favorite inspirational quote, write it down and post it.	Find a quiet place and practice four 4-7-8 count breaths.	Open the door for someone.	Start or complete something you have been putting off.
Take 3 deep breaths and try to release a worry or concern.	Begin each meal with gratitude.	Call/text a friend and thank them for something they have done.	Practice the Qigong to Calm form.	Listen to music that makes you happy.	Get up early and revel in the calm and stillness.	List 3 wonderful things that happened this week.
Compliment someone sincerely.	Practice any version of hand massage.	Take a photo of someone or something that makes you happy & make it your screen saver.				



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