



ORGANIC THERAPY NETWORK
MINDFUL MOMENT

Gratitude Blossoms in Solitude



Begin by taking a few deep breaths, allowing yourself to settle into a relaxed and open state of mind. With each inhale, feel yourself becoming more grounded and centered.

Now, bring to mind three things that you are grateful for in this moment. They can be big or small, significant or seemingly insignificant. The key is to focus on what brings you joy and appreciation. As you bring each item to mind, take a moment to savor the feeling of gratitude that arises within you. Notice how it feels to connect with these sources of gratitude, allowing yourself to fully immerse in the positive emotions they evoke.

Repeat after me:

"I am grateful for [name one thing you are grateful for].
I am grateful for [name another thing you are grateful for].
I am grateful for [name a third thing you are grateful for]."

Feel the warmth and abundance of gratitude filling your heart, washing away any feelings of loneliness or isolation. Know that even in moments of solitude, you are surrounded by blessings and opportunities for connection.

Take a few more moments to bask in the glow of gratitude before gently returning your awareness to the present moment. Allow yourself to carry this sense of appreciation with you as you navigate the ups and downs of life.

