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# Guided Gratitude Meditation to Count Your Blessings and Brighten Your Outlook

A wealth of research has been done on the benefits of gratitude—and for good reason. Time and again, studies show that practicing gratitude has a huge impact on overall happiness, positivity, and emotional resilience. On a personal note, practicing gratitude completely transformed my life for the better, so much so that I wrote two books about my experiences.

As a way to bring about the best of both worlds of gratitude and meditation, I created the following guided meditation. I've used it many times to enhance my gratitude practice, and it has helped me tremendously whenever I needed help finding the blessings in my everyday life.

## Guided Meditation Script



This is a great meditation to do at the beginning or end of the day.

Turn off your phone and free yourself of interruptions.

Either sit or lie down, whatever is most comfortable, and close your eyes.

Take a long, slow, deep breath in, then slowly exhale.

Feel your tension melt away as you gradually relax deeper with each breath.

## Five-Minute Gratitude Meditations

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Take another long, slow, deep breath in, then exhale.

Feel yourself drift into a state of deep relaxation.

Continue to breathe slowly and gently as you bring your awareness to the top of your head.

Picture a warm, loving golden light spread from the top of your head down to your toes.

Feel your muscles relax as the light washes over you, surrounding and protecting you.

Take a few more deep breaths and relax deeply.

In this safe, relaxed state, reflect on all the things you're grateful for: loved ones, breath in your lungs, sunshine, fresh air, the tasty dinner you had that evening, a nice compliment from a coworker—whatever comes to mind.

As each object of gratitude appears, visualize yourself saying thank you to each thing.

Picture the person you're grateful for standing in front of you, and tell them how grateful you are for them and why.

Try to make the image and feeling as real as you can.

Taste the delicious apple you ate for lunch and say thank you to it.

If you're having a difficult time coming up with things to be grateful for, ask God, a Higher Power, or the highest part of yourself to reveal them to you.

## **Five-Minute Gratitude Meditations**

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Allow the feeling of deep gratitude to come into your body.

Notice where the feeling is in your body.

Take a few deep breaths and allow it to expand.

Enjoy the pleasant feeling gratitude gives you, and feel it wash away your tension and negativity.

You can remain in this relaxed state as long as you'd like.

When you're ready, end your gratitude meditation with the following affirmation:

“Thank you for the many blessings I have been bestowed with. May these blessings multiply as I continue to notice and give thanks for them. Thank you, Universe. Amen.”

Wiggle your toes and fingers, open your eyes, and give yourself a few moments to adjust.

Bring that feeling of gratitude with you as you go through your day or drift off to sleep.