

Gratitude Affirmations Meditation

Let's begin with a guided gratitude affirmations meditation.

Gratitude is a practice. It can take time.

Be gentle with yourself if these affirmations don't feel authentic yet. Over time, you will internalize them more.

As emotions come up in the course of this meditation, do your best to acknowledge them nonjudgmentally. Treat your emotions like clouds passing by. Notice them, but let them pass.

Begin by settling into a seated position. Make sure you feel comfortable.

Now, focus on your breathing. What does your breath feel like as it enters your nose, and exits your mouth?

Keep breathing. Zoom out, noticing how your entire body feels.

Are you holding any tension? Notice how your shoulders, your back, and your jaw feel. For many people, those areas tend to hold tension. If so, invite yourself to release the tension.

Don't worry if your mind starts to wander. Just gently bring your attention back to your breath, and to the feeling of warmth and gratitude as you continue to take slow, deep breaths.

Now, repeat the following gratitude affirmations slowly, with warmth and gentleness towards yourself:

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For moments of energy, inspiration, and motivation – I am grateful.

For the chance to grow into the best version of myself – I am grateful.

Today's technologies allow me to keep in touch with friends and family in different cities and different countries. I'm grateful for the chance to keep my relationships strong from afar.

I'm grateful for the mere fact of existing.

Each day I'm able to wake up is a blessing.

Today, I did the best I could. I'm grateful for the effort I was able to give.

I am grateful for the opportunity to love myself and show compassion to myself.

I am grateful to love, and I am grateful to be loved.

For the material possessions I have, I am grateful. For the relationships that make life richer, I am grateful.

Sometimes, I'm reminded that life is short. For a brief moment, I know that I must appreciate each minute of the day. I'm grateful for those reminders.

Today, I'm grateful for the chance to grow in whatever way I choose.

For food, water, and shelter, I am grateful.

I'm grateful for animals and children, who remind us to be playful and joyful.

I'm grateful for having my voice heard and for the ability to express my thoughts.

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Gratitude is a filter that makes everything better. I choose to look at the world through eyes of gratitude.

Each and every day, I feel more grateful.

In life, we get an unlimited number of opportunities to reinvent ourselves. I am grateful for the endless opportunities I have to grow.

I am happy for everything I have.

I'm grateful for the chance to give to others.

For the progress I'm able to make each day and the small steps I'm able to take, I'm deeply grateful.

As I breathe in, I'm breathing more gratitude into my life.

I appreciate the chance to contribute to the world.

With each experience I have, I'm grateful for the lessons I learn along the way.

When I cultivate gratitude and happiness, I not only have an impact on myself, but on those around me.

When you're ready, open your eyes.

Notice how you feel.

Bring these feelings of gratitude and appreciation with you throughout the day and remember:

Whenever you need it, it's already inside of you.

