

Fostering Wellness Exercise

I'm Thankful for the People in my Life

Time Required: *5 minutes*

Close your eyes. Sit comfortably with your feet flat on the floor and your spine upright. Bring your awareness inward. Without straining or concentrating, relax and gently follow the instructions. Take a deep breath in and breathe out.

Think of a person close to you who you are grateful to.

It could be someone from the past or the present; someone still in your life or who has passed. Imagine that person standing on your right side. Think about their smile, how the corners of their lips move upward. Imagine the color of that person's eyes and how the light twinkles when they smile. How does this person smell? What are they wearing? Send love and gratitude that you feel to that person.

Now bring to mind another person who you cherish deeply.

Imagine that person standing on your left side. Think about the color of that person's hair, is it long or short? Does this person have freckles? Does she wear lipstick? Does he wear cologne? What is their favorite color? Direct the love within you to that person. Send all your love and thanks to that person.

Now imagine yourself as a child.

A smaller version of yourself doing your favorite activity. Was it playing a game with your dad or mum? Coloring at recess? Collecting Legos? Send your younger self love and acceptance. Be grateful for the adult this little person has become.

Now think of someone who has been difficult in your life,

someone who has made you jump through hoops or placed objects in your way toward a goal. You and this person are alike in your wish to be happy. Send all your wishes for well-being to that person, wish them well and send them love anyway.

Take a deep breath in.

And breathe out.

And another deep breath in and let it go.

Notice the state of your mind and how you feel after this.

When you're ready, you may open your eyes.