



Live in THIS moment – learn to be present in just 10 weeks

Week 9 : Focussing on the Positive and Living from the Heart

1. Which negative thoughts were you aware of in the last week? What situations triggered them?

2. What went well in the last week?

3. Positive thoughts lead to positive, helpful emotions, which lead to positive, light, soft sensations, which prompt self/compassionate urges and acts of kindness and gratitude.

Take a moment to reflect on the people in your life who have helped you or been kind to you or inspired you, and write them a quick thank you note below. It could be a parent, sibling, other family member, teacher, friend or even a bus driver or postman ...

Person	Gratitude note:
1	Dear _____, thank you for
2	
3	
4	
5	
6	
7	

4. Now pick just one person who has inspired or influenced you the most and write them a letter thanking them for their role in your life and happiness.

Once you have written it either post it to them, or email it or take a photo and text it to them. Writing the gratitude letter will fill you with serotonin and make you feel happy ... and sending it to them will increase the happiness in their day too.

Dear _____,

I am so grateful to you for

5. In addition to the 7 core attitudes or 'pillars' of happiness that you have been nurturing, and the practice of Kindness, we have introduced the need for Gratitude. This week think about what you are grateful for over the last week or month and write an affirmation to repeat to let the Universe hear it loud and clear.

Daily Gratitude affirmation:

Home practice:

- Each day find a quiet space and do a 10 minute sitting practice to release the day's cortisol so you can start the next day recalibrated.
- In addition, do the loving kindness meditation daily.
- At the end of each day complete the diary below

Learning to Live in THIS Moment Diary – Week nine

Focus: Gratitude

Day one:

What went well in your pursuit of kindness and gratitude:

Which situations were challenging in trying to embrace kindness and gratitude?

Day two:

What went well in your pursuit of kindness and gratitude:

Which situations were challenging in trying to embrace kindness and gratitude?

Day three:

What went well in your pursuit of kindness and gratitude:

Which situations were challenging in trying to embrace kindness and gratitude?

Day four:

What went well in your pursuit of kindness and gratitude:

Which situations were challenging in trying to embrace kindness and gratitude?

Day five:

What went well in your pursuit of kindness and gratitude:

Which situations were challenging in trying to embrace kindness and gratitude?

Day six:

What went well in your pursuit of kindness and gratitude:

Which situations were challenging in trying to embrace kindness and gratitude?

Day seven:

What went well in your pursuit of kindness and gratitude:

Which situations were challenging in trying to embrace kindness and gratitude?
