

Gratitude Intention Setting

Live with an attitude of gratitude

Instructions

To set your intentions for your day, do this activity as early as possible.

Preferably, read this while standing. If that is not an option, read it while sitting. Whether sitting or standing, be upright and hold a strong, confident, energetic posture. Then confidently read these intentions out loud with a kind, powerful voice. Read these intentions with meaning and feeling. If you find it helpful, read your intentions into a mirror while looking at yourself.

Before and while reading them, do your best to generate a feeling of joy and kindness in your heart. Also, keep your head held high as you read this.

If possible, read these intentions in a secluded place, away from other people so you don't disturb them. If they can still hear you, and this makes you self-conscious, consider turning on some background noise to make it harder to be heard. A bathroom fan or music should suffice.

As you do this practice day by day, do your best to read it from memory more and more. Aim to have it memorized within one to three weeks of practice.

Most importantly, put these wonderful intentions into practice throughout your day so you embody all of these beautiful qualities and live with an attitude of gratitude more and more! As you do this, mindfully notice the many ways these kind and wise intentions benefit your life.

Consider Personalizing These Intentions

The first day you do this activity, read these intentions using the beautiful qualities listed in parenthesis to get a feel for the activity.

Then, if you want, you may substitute the qualities provided, with three to five of your favorite qualities. Write them on the blank lines and read them instead. You can either list the same three to five qualities on all three lines if those are most important to you, or different qualities on different lines. Do whatever you find is most helpful.

Possible qualities to choose from include: love, wisdom, courage, joy, creativity, resourcefulness, resilience, playfulness, courage, persistence, skillfulness, integrity, honesty, truthfulness, kindness, compassion, generosity, intentionality, flexibility, friendliness, outgoingness, equanimity, strength, discernment, service, or any other qualities you admire.



My Intentions to Live with an Attitude of Gratitude

Read this script out loud. Instructions in italics, below, are to be followed and not read aloud.

Today and every day, I will live with an attitude of gratitude.

I will be on the lookout for all that is beautiful, wonderful, successful, and skillful, and I will give thanks for it all.

I will give thanks for the air I breathe, the food I eat, the energy in the body, the people in my life, and even the difficulties I face.

I will give thanks for all of the beautiful qualities I express such as: (love, wisdom, courage, and joy.)

I will do everything with a playful, creative, inquisitive attitude and an open, courageous, and loving heart. I will see everything I do as an opportunity to play, create, and enjoy life.

I will celebrate my own successes and the successes of others. Their happiness is my happiness. Their success is my success. Their beauty is my beauty. Their skillfulness is my skillfulness. May their wonderful qualities and good fortunes continue, increase, and never end.

In a kind, playful, and joyful way, I will do my best to embody all of these beautiful qualities, and live with an attitude of gratitude more and more.

** Take a one-breath mindful pause **

Today and every day, I live with an attitude of gratitude.

I am on the lookout for all that is beautiful, wonderful, successful, and skillful, and I give thanks for it all.

I give thanks for the air I breathe, the food I eat, the energy in the body, the people in my life, and even the difficulties I face.

I give thanks for all of the beautiful qualities I express such as: (compassion, friendliness, honesty, and integrity.)



people in my life, and even the difficulties I face.

I give thanks for all of the beautiful qualities I express such as: (mental strength and flexibility, kindness, creativity, and persistence.)

I do everything with a playful, creative, inquisitive attitude and an open, courageous, and loving heart. I see everything I do as an opportunity to play, create, and enjoy life.

I celebrate my own successes and the successes of others. Their happiness is my happiness. Their success is my success. Their beauty is my beauty. Their skillfulness is my skillfulness. May their wonderful qualities and good fortunes continue, increase, and never end.

In a kind, playful, and joyful way, I do my best to embody all of these beautiful qualities, and live with an attitude of gratitude more and more.

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