

# Personal Reflection Exercises...

## Each day I am grateful for simple things.



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Every day that I am here on earth, I am filled with wonder about everything around me. Intense gratitude rises in me at the sound of a child's voice, the fragrance of flowers in the air and the sight of dew-laden grass in the morning.

In a world stuffed with material goods, sometimes I feel challenged to just feel grateful in my own space with my own possessions and the simple things in life.

***But I remind myself to look around and find what brings me feelings of joy and thankfulness.***

When the tough days come along, I think of the smile on my friend's face or I notice the sound of the birds singing in the early evening. My thoughts lead me back to feeling gratitude for these pure sources of light in my life.

***The simplest things have the greatest value to me.*** The comfortable, old stuffed chair in the living room and a glass of fresh orange juice in the morning remind me that I have so much to be thankful for. Each day the sun rises and I am here to see it, I feel grateful.

Life gets pretty complicated sometimes. When it does, I re-focus myself and acknowledge the contentment I find in simplicity. After a hard day's work, I indulge in a glass of iced tea and put my feet up. And I am grateful for these small moments.

Today, I acknowledge all the wondrous yet simple things that surround me. I notice my children's bright eyes, my spouse's facial expressions, and the beauty of nature. I am so grateful every day for simple things in my life.

### **Self-Reflection Questions:**

1. Each day, do I take note of something I am grateful for?
2. How can I ensure that I am spending a few minutes every day reflecting on the blessings in my life?
3. At this very moment, what am I grateful for?