

GRATITUDE

OPENING PRACTICE

*INTENTION AND PRESENCE

WENDY O'LEARY, M.ED.

OVERVIEW



INCLINING THE MIND

WHAT GETS IN THE WAY/MIS-STEPS
ON THE PATH TO GRATITUDE

WHY IT IS HELPFUL

HOW CAN WE CULTIVATE
IT....PRACTICE

INCLINING THE MIND

Road work story.....



- From trait to state
- Abiding sense of thankfulness in life
- Orienting to what is present and not what is deficient (out of mode of deprivation)
- Can there be magic in sense of enough?

WHAT GETS IN THE WAY....

Negativity bias

Wanting mind

Adaptation and
habituation

False sense of
positivity

Shoulds!



BENEFITS



Increase
resiliency



Happiness



Energy



Empathy



Optimism



Health
benefits



Social
Connection

PRACTICES

- Intention
- Presence
- Loving what is.....
- Remember what we love
- Lovingkindness – see the good in others
- Journaling or gratitude letters – novelty – depth more than breadth, personal, specific, reflect on the why
- Take in the good – duration, senses, embodied, soak in, tell brain to keep it



QUESTIONS AND COMMENTS?

Wendy O'Leary –
woleary25@gmail.com

@wendy_oleary_mindfulmatters

www.wendyoleary.com

