



A Soul Practice

for "*Dark & Cold Wintertime -
Transition Towards Spring*"

Daily Gratitude Journal

In the morning, set your **intention** to be consciously aware of experiencing gratefulness for one new thing that day.

Before going to bed that night, make note of what you were grateful for and what you experienced at the time – body-felt sensations, emotions, and thoughts.

Note: Practice Benefit - Neuroscience studies show that doing this practice affects the brain in ways that support efforts in changing behaviors.