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*A Functional Medicine Energy Center Resource*

## **Gratitude Meditation**

**I am grateful** for my physical body.

I appreciate my breath.

I see light filling my hearth.

I feel energy warming my body.

**I give thanks** for my health and wellness.

**I am grateful** for my unique self.

I appreciate my talents.

I rejoice in my personal attributes.

I look forward to improving.

**I give thanks** for being me.

**I am grateful** for my abundance.

I appreciate my possessions.

I celebrate my needs being met.

I look forward to continued abundance.

**I give thanks** for all that I have.

**I am grateful** for my happiness.

I appreciate each day's joy.

I cheer the positives in my life.

I look forward to continued happiness.

**I give thanks** for the joy in my life.

I am grateful for my journey.

