



Unwrap the Gift of Gratitude

Stop, Look, Go

The principle behind this exercise is that EVERY moment offers us an opportunity to awaken to God and to enjoy the amazing gifts we are given each day.

If we allow ourselves, we can actually develop the habit of waking up & noticing that each & every moment is a key moment because life itself is grace (gift). And once we do this, then we will be able to experience life to the full no matter what is going on in our lives.

Stop – Realize that you are in this present moment. Don't just keep rushing from one moment to the next.

Look – around at all of the gifts that come with each day & appreciate them as they deserve and then commit to ...

Go – forward with gratitude & joy!

In the past 24-48 hours: (Stop/Look/Go)

01. What is something you saw that you are grateful for?

02. What is something you heard that you are grateful for?

03. What is something you felt that you are grateful for?

04. Who is someone you are particularly grateful for? Why?

05. Where were you surprised by goodness/kindness?

06. Where did something good come from something painful?

07. Before this moment, who have you shared your gratitude with for any of these gifts?