

Expansive Gratitude Module Activity Meditation Sheet Template

(optional, just in case you want a guide...Feel free to use whatever format you want for these sheets...flow charts, drawings, whatever)

Name _____

Heading that Captures the Example of
Suffering you are starting from:

(drawn from in-class freewrite, or a new example) _____

<p>Day One: First Layer Top-of-Page list of Gratitudes that accompany above suffering</p>			
<p>Day Two: Second Layer List of Gratitudes that accompany those above first-layer list items</p> <p>(use arrows or the like to indicate which gratitudes above each box here builds off of)</p>			
<p>Day Three: Third Layer List of Gratitudes that accompany those above second-layer list items</p> <p>(use arrows or the like to indicate which gratitudes above each box here builds off of)</p>			