

Gratitude / Freedom Reflections

Name 3 things about your body that you appreciate.

What is one 'ordinary miracle' you are aware of today?

Contemplate the idea for a few days:

A fool is happy when her desires are satisfied – a wise woman is happy for no reason.

What does this mean to you? Any new awarenesses come from it?

Write a few sentences to yourself as a child, pointing out to her some things she can be grateful for.

Write a few sentences to yourself in the future, naming some ways in which you hope you can cultivate appreciation for the "ordinary gifts" of life.

Discuss a pressure that leaves you feeling 'unfree' – one of your 'shoulds.' How might you start working with this so you can let it go? How would it benefit you to free yourself of this pressure?

Choose one thing from the list on the "Enjoy the Freedom Not To" article. Over the next 10 days, practice giving yourself space not to do this. What did you choose?

What difference did you notice in your sense of freedom as you gave yourself permission not to do this?

What is something that 'grabs' you in your daily life? What yanks your chain?

Practice saying, "I am free not to _____. I have a choice." What happens when you engage in this practice? Were you able to slow down? Did you sense any more peace?

Do you ever feel like a puppet on a string? Describe a time when you felt like this.

How might your life be different if you stopped allowing yourself to be tugged and pulled by other people's behavior or by an addiction?