

Mindfulness Practice

Gratitude - Daily Family Practice

Appreciation adds value,
depreciation decreases value,
it is simple mathematics.

- ⊙ Each morning and evening offer one specific statement of appreciation to your spouse, child or sibling.
- ⊙ Breathe in and out after sharing your appreciation.
- ⊙ Has your energy shifted a bit?



Monica Verplank

Chopra Center Certified Master Educator
Ayurvedic Life-Style Consultant

MonicaVerplank.com