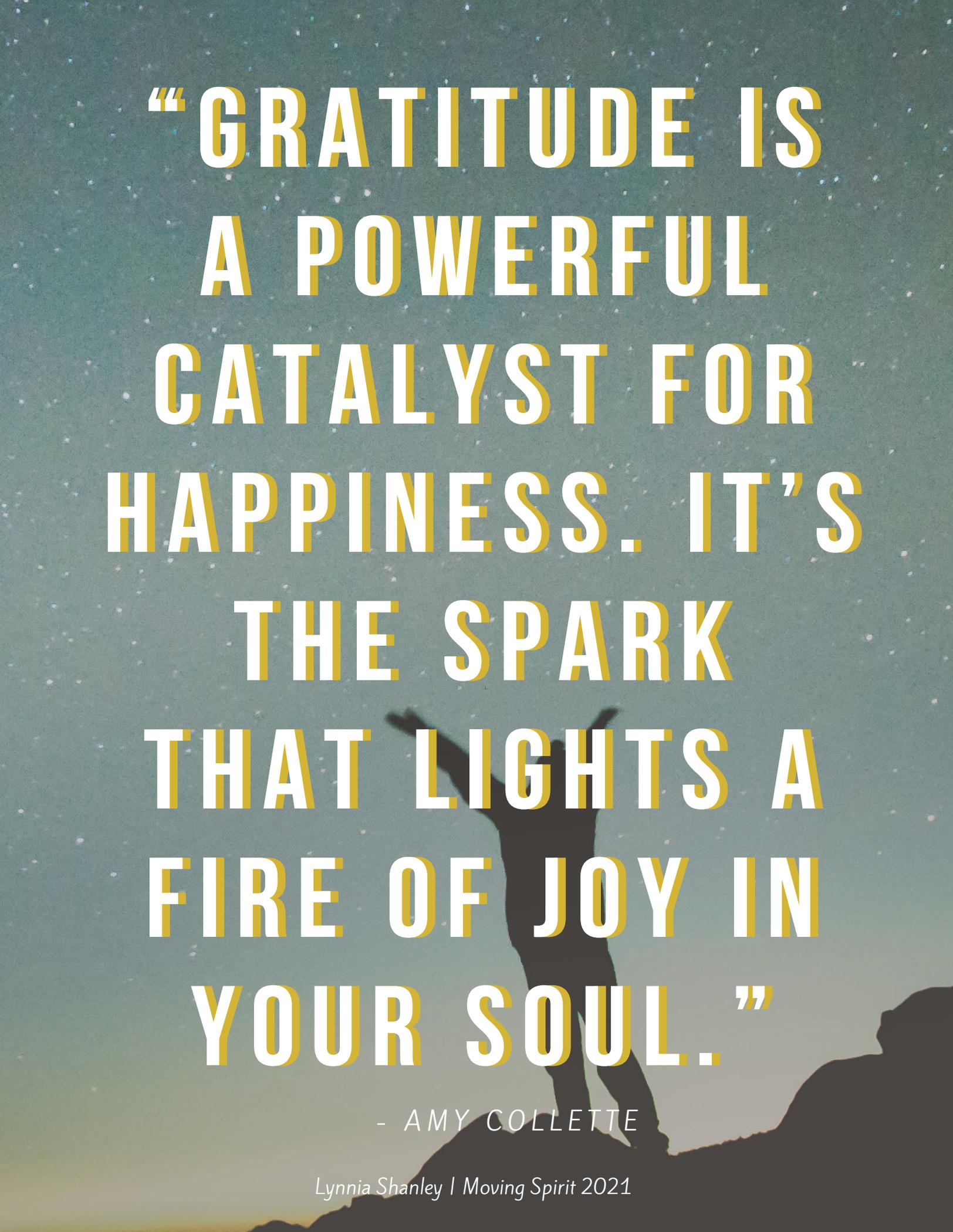


Moving Spirit

BEING GRATITUDE

7 Writing Prompts to
Cultivate Gratitude



**“GRATITUDE IS
A POWERFUL
CATALYST FOR
HAPPINESS. IT’S
THE SPARK
THAT LIGHTS A
FIRE OF JOY IN
YOUR SOUL.”**

- AMY COLLETTE

Lynnia Shanley | Moving Spirit 2021

WELCOME

This guide of writing prompts is intended to provide you thoughtful moments to go inward and discover what gratitude feels like for you, in your body, in your senses, in your soul.

Grab a warm beverage, find a quiet space, and come with an open heart. Allow yourself to explore this state of gratitude with your whole being..

Try one each day of the week, or all at once.

Watch how you expand and are urged to share more with yourself and with others. Enjoy!



LYNNIA

WHERE DOES GRATITUDE LIVE?

Have you ever considered this question?

What does it truly mean and feel like to embody gratitude?

What is that sensation?

Often, we are so on the move, we forget what it's like to feel thankful; to pause and experience how it fills up our entire being. Gratitude comes in many shapes and sizes. Open yourself to all of it...

Be in the moment with the gift of gratitude.

HOW DO YOU FEEL?

Remember that you can always return back to these prompts and this space you have created.

I would love to know how your journey went!

Find me and share your experience - I'd love to continue learning how to cultivate gratitude with you and support you in any way.

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