

Taking In the Good before sleeping Exercise

1. Lying in bed, bring to mind 3 good things that happened to you today. It needn't be anything big or important, for example you might remember the fact that you enjoyed your breakfast or sunshine on your face as you walked to college, or a simple kind gesture you experienced.
2. Now select one of these experiences and focus in on it by bring your attention specifically to it
3. Notice the effect this good experience has on you. Take your time as you do this. Notice your feelings, thoughts, actions, sensations in your body.
4. Imagine it is happening to you again now.
5. To get the most from this exercise breath as you feel gratitude for this experience. As you breathe in, notice where in the body you can feel gratitude and what is it like? Really experience this feeling of gratitude fully in your body.
6. As you breathe out, try just thinking or saying the word "thank you" as you picture the people or things you are feeling gratitude towards.
7. Do steps two to six for the two other good things that you have identified.