

## Yoga for Body *and* Mind

### Gratitude Tips and Strategies

When you feel grateful in the present moment you feel more confident and capable. This gratitude help you reframe how you think about your present circumstances. Instead of feeling negative, you reframe your mindset to focus on what you have and what you've achieved. This not only makes you feel more positive and confident but happier, too.

Ever drawn a blank when someone asks you, 'what are you grateful for?' It's important to remember that it can be the simple things in life to be grateful for.

Have your yogis share what they're grateful for during class and if they're a little stuck, share this infographic with them.

I am grateful for ...

the gift of family	my dog	my health and well-being	blessings to share with others	the freedom to be my true self
simple joys that lift me up	people who remain in my life	food on the table	peace of mind	my siblings
my grand-parents	the opportunity to learn from mistakes	<i>Free</i>	the stars in the sky	wisdom to know what's right from what's wrong
a chance to begin again	the roof over my head	internet connection	receiving forgiveness	my cat
encouraging words from my support system	the kindness of strangers	freedom of speech	rainbows after the storm	my best friends