

# *Gratitude Reflection*

Be gentle...be generous...be grateful...

*With gratitude I remember the people, animals, plants, insects, creatures of the sky and sea, air and water, fire and earth, all whose joyful exertion blesses my life every day.*

*With gratitude I remember the care and labor of a thousand generations of elders and ancestors who came before me.*

*I offer my gratitude for the blessing of this earth I have been given.*

*I offer my gratitude for the measure of health I have been given.*

*I offer my gratitude for the family and friends I have been given.*

*I offer my gratitude for the community I have been given.*

*I offer my gratitude for the teachings and lessons I have been given.*

*I offer my gratitude for the life I have been given.*

Just as we are grateful for our blessings, so we can be grateful for the blessings of others.

*With each breath, offer them your grateful, heartfelt wishes:*

*May you be joyful.*

*May your happiness increase.*

*May you not be separated from great happiness.*

*May your good fortune and the causes for your joy and happiness increase.*

*– Jack Kornfield*

[Excerpt: The Wise Heart](#)