



# Bedtime Gratitude Spiral

**1. Before you fall asleep, choose three things you feel grateful for, to use for this exercise.**

It might be something that happened during the day; it might be something from your gratitude jar. It doesn't really matter what you choose, as long as it helps you to connect with the feeling of gratitude in your heart.

**2. Allow yourself to gently rest in the feeling of gratitude for the first thing.**

- Really experience the grateful emotion. Feel the gratitude expanding and growing. Don't force it; just let it naturally work its magic.
- Really dive into the experience you are feeling grateful for. See what you would be seeing, if it were happening right now; hear what you would hear; feel the physical sensations that you would feel.
- Allow the intensity of your gratitude to increase, perhaps imagining that you have a dial you can use to turn up the feeling, until it is spreading, like a warm golden glow, throughout your body. ~

**3. If the feeling of gratitude starts to wane, move on to the second thing and repeat step 2.**

Then, just as you notice it start to wane, move onto your third thing.

**4. You can keep going, if you want to, until you fall asleep.**

**5. Notice how your mood is shifted.**

Perhaps say a heart-felt 'thank you' to yourself, for choosing to do the Bedtime Gratitude Spiral.

Just imagine how the quality of your sleep could improve, if you do this last thing at night?! It can help to anchor this process into part of your bedtime routine, to help you remember to do it. For example, you could tie it in with turning off your light. If you read before you sleep, you could anchor it in with putting the book down. Or you could choose to do it when your head touches the pillow. You only need to do this for a few days and already you'll be creating a life-long positive habit.