



Circle of Gratitude For Gatherings

A simple way to bloom hearts open and deeply connect with one another.

Gratitude and appreciation adds value and lifts people up. It lets us know we have common ground to stand on together. It's energizing, connective, illuminates the best in others and makes people feel safe.

Do this any time you have two or more people together to easily bloom hearts open and create deeper connection. Do on Thanksgiving day, dinner time, parties, long car rides, or group events. It's also powerful for you to do with just one other person.

Step 1: Each person shares one thing they are grateful that they have done this year.

Step 2: Every else shares one thing they appreciate about the person who is sharing and WHY they appreciate that about them.

Example: I appreciate _____ about you because _____.
(Include how it has affected you and made you feel.)

Enjoy!

Love Prema

[Click here](#) to hop over to my Facebook page and share your one way doing this practice positively impacted you or changed your groups connection and experience together.