

Daring Greatly: 60 Day Gratitude Challenge  
Home Practice Guidelines for Class 2

- a. *Practice 5 minutes of relaxed “body breathing” either sitting or lying down. Body breathing is simply rotating your awareness through your body as you are aware of breathing. You can start with your feet and scan up or start with your head and scan down. Once your body is relaxed and your mind is calm practice 10 minutes of formal sitting meditation.*
- b. *Alternatively - you can repeat the Touching Body Awareness in Gratitude of Being we did in class (this is a great one to do when applying lotion or oils after a shower)!*
- c. *Once your body is relaxed and your mind is calm practice 10 minutes of formal sitting meditation. Allow some time to really listen to your body & let it tell you what it wants . . . Inquire what is most healing? What will fuel my intentions? Cultivate the qualities your body may be asking for: safety, strength, love, gratitude. Breathe into them, feel them in your body, use as many senses as you can - try to stay with each quality for at least 1-2 minutes. You are weaving these wholesome qualities into the very structure of your brain!*
- d. *Try checking in with a fellow traveler - go for a walk or a cup of tea - compare notes.*
- e. *Visit the Dare Greatly 60 Day Gratitude Challenge site for some juice! <https://www.facebook.com/groups/488930161225677/>*
- f. *Suggested reading, listening & viewing*
  - i. *View Ana Forrest Interview on Connecting to Authentic Self <http://www.youtube.com/watch?v=RHqif51nTtc>*
  - ii. *Recommended Books:*
  - iii. *Fierce Medicine by Ana Forrest (available at Two Rivers Yoga & King County Library KCL)*

*iv. Daring Greatly by Brene Brown (available at KCL)*