

# The GLOWY Daily Reflection Practice

Take three deep breaths in and out.

Then connect with yourself by reflecting on the following:

I am **G**RATEFUL for: \_\_\_\_\_

I **L**IFT up: \_\_\_\_\_

I **O**BSERVE: \_\_\_\_\_

My **W**HOLESONE intention: \_\_\_\_\_

**Y**OU are: \_\_\_\_\_

Take three deep breaths in and out.