

GLOWY

GRATITUDE

Recognize the things in your life you're grateful for.

LIFT UP

Identify circumstances, people or struggles that are causing you or others to suffer; or needed wisdom/resources.

OBSERVE

Scan your body and notice sensations, thoughts and feelings you're experiencing; observe your surroundings.

WHOLESOME INTENTION

Set a clear, positive statement of the outcome you want to experience; how you intend to be, live and show up.

YOU ARE

Write positive affirmations about who you are.



The GLOWY Daily Reflection Practice also can be found in *The Chaos Antidote: A Fable About Mindfulness*, available now at aimeemorgan.com.

