

082808 Thursday 7:52 AM Gratitude

I'm grateful for eight and a half continuous hours of sleep, which helped meet my needs for resting, rebooting and recharging.

I'm grateful that I chose to go to bed last night when I felt exhausted. This helped meet my needs to attend to immediate needs and to prepare for embracing the beauty of the next day, which is now beginning.

I'm grateful for the fresh air this morning, which feels "like rain." The air feels wonderful and the possibility of rain appeals to me as I reflect on how it will help the plants grow and as I consider how fresh and alive the air will seem to me after the rain. The fresh air - and how I'm interpreting it - contributes to the fulfillment of needs of mine for respiration and vitality. [Update: after all, there is no rain in the forecast. :-)]

I'm grateful that my father is alive, conscious and communicative. This helps contribute to my needs for interaction with others whom I love and for their well being.

I'm grateful that I visited my father at the hospital yesterday. This helped contribute to my need for interaction with others whom I love.

I'm grateful for my recent discovery of the Integral approach (as articulated in the one, Ken Wilber book I've so far read, *The Integral Vision*, and in audio recordings available via subscription on the Integral Naked website). I'm likewise grateful for the Beta launch of the Integral Life website. All these resources have contributed to my needs for spiritual and worldview development.

I'm grateful I fed Zen'r [our cat] this morning. Doing so contributes to the well-being of a pet I love.

I'm grateful for Aliana's well being. Her well being contributes to my well being.

I'm grateful for this moment's relative quiet. This contributes to my need for peace.

I'm grateful for completing my head weighting exercise this morning. This helps me cultivate a strong and healthy posture.

I'm grateful for performing this gratitude expression process. It's helping me to focus on the vitality and wonder of my living needs.

I'm grateful that my heart is beating, that I'm breathing, and that so far as I can tell, I'm poised to boost my health, strength and wellness to new heights. My body's healthy functioning contributes mightily to my well being.

I'm grateful for Cherita's efforts yesterday to help me meet my need for support.

I'm grateful for my plan to set some goals for today. This helps meet my need for order in my life.

I'm grateful to my dad's friend, Mark, for visiting Dad so frequently while Dad experiences his current journey through life.

I'm grateful to myself for completing my body weight exercises yesterday. Completing them helps meet my need for progress in my fitness efforts.

I'm grateful for my plan to set some goals for today. This helps meet my need for order in my life.

I'm grateful to my dad's friend, Mark, for visiting Dad so frequently while Dad experiences his current journey through life.

I'm grateful to myself for completing my body weight exercises yesterday. Completing them helps meet my need for progress in my fitness efforts.

I'm grateful for all the sanding of weight plates I did yesterday. This helped support my needs for progress with my fitness, in this case, with the strategy of restoring our fitness equipment.

I'm grateful to my brother, Mark, for making it a priority to call and talk with Dad on the phone each day.

I'm grateful to myself for having completed and posted Tuesday's and today's gratitude exercises. Completing them has helped me nourish needs for celebration and for focus on what's beautiful in (my) life. Posting them helps nourish needs for self-expression and sharing.