



# THE GET READY PROJECT

## Making Connections Practice #1

### Gratitude List/Letter

- Get quiet, settle into a space where you can spend a few uninterrupted minutes with writing materials.
- Identify a person with whom you would like to build a deeper connection
- Begin to identify all of the reasons you may be grateful for this person.
- Record your gratitude as a list or narrative letter. If you're struggling to organize your thoughts, challenge yourself to find a point of gratitude for every letter of the alphabet.
- When you're finished you can decide if you'd like to share the letter/list or simply use it to cultivate compassion and connection with the person of focus.

## Making Connections Practice #2

### Loving Kindness Meditation:

Loving kindness meditations are intended to help us build compassion and connections with others, without judgement or expectations. These meditations use mantras to spread love and compassion for ourselves, those we love, those with whom we may have challenging relationships, and all living beings. Studies have shown that practicing loving kindness meditation can actually decrease the amount of negative interactions one experiences.

For a detailed description of loving kindness meditations check out:

<http://www.contemplativemind.org/practices/tree/loving-kindness>

Follow the link below for a guided loving kindness meditation:

<https://www.fragrantheart.com/cms/free-audio-meditations/love/loving-kindness>