

AN EVENING PRACTICE

Recharge Your Life *With Love & Gratitude*

A Simple Evening Practice for Rest & Well-Being

Inspired by the positive emotion and loving-kindness research
of Barbara Fredrickson, PhD

As you settle into bed, get comfortable and allow your body to relax.

Take a slow breath in... and a longer breath out.

Let the day begin to soften.

LOVE

Bring to mind someone you love.

It might be your spouse, child, grandchild, friend, or even a beloved pet.

Picture them.

Instead of simply thinking about them, take a moment to notice what it feels like to love them. Notice any warmth, tenderness, softness, or sense of connection that arises. Stay with that feeling for a few breaths.

Silently offer them:

May you be well.

May you be peaceful.

May you feel loved.

May you live with ease.

Now gently turn those same wishes toward yourself:

May I be well.

May I be peaceful.

May I feel loved.

May I live with ease.

Rest there for a moment.

GRATITUDE

Now bring to mind three things from today that you are grateful for.
They don't have to be big.

A conversation.

A good meal.

Sunshine on your face.

Someone's kindness.

Something that made you smile.

A simple moment that felt good.

For each one, don't just name it. Pause long enough to feel the gratitude.

Take one final slow breath.

Notice the love and gratitude that were already present in your day.

And gently remind yourself:

Today was enough.

I am grateful.

I am loved.

I can rest.

Let the day go.

Sleep well.

THE RESEARCH

Psychologist Barbara Fredrickson, PhD, has studied how intentionally cultivating positive emotions can influence well-being over time. In a randomized study, adults who practiced loving-kindness meditation experienced gradual increases in daily positive emotions, which were associated with growth in mindfulness, purpose in life, social support, and life satisfaction.

Her Broaden-and-Build Theory suggests that small, repeated experiences of positive emotion accumulate over time and help build enduring personal resources.

REFERENCES

Fredrickson, B. L. (2013). Love 2.0: How our supreme emotion affects everything we feel, think, do, and become. Hudson Street Press.

Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95(5), 1045–1062.