

MEDITATION

Gratitude Meditation Script

A gratitude practice built on specifics rather than abstractions, with room for the fact that some days there isn't much and pretending otherwise doesn't work.

10 min · 4 segments

Ten minutes, four segments. The specificity is the technique — “my sister’s voice on the phone yesterday” does something “my family” does not.

BEFORE YOU RECORD

- Keep it grounded, not sunny. Bright delivery makes gratitude practice sound like denial to anyone having a bad week.
- Segment two is where the technique lives — give people the full 30 seconds to find a specific thing, or they'll default to abstractions.
- The permission line in segment four is not filler. Say it as though you mean it, because it's what stops people abandoning the practice.

01. Settling, honestly

1 min 30

[warm and level — no brightness; the listener may be having a genuinely bad day]

Ten minutes of gratitude practice — which, done badly, is just being told to cheer up. We're not going to do that.

Get comfortable, and let your eyes close if you'd like. Take one slow breath out. *[pause for one full breath]*

Whatever kind of day this is, it doesn't have to be a good one for this to work. Gratitude isn't a verdict on your life. It's just attention pointed somewhere specific. *[pause for 15 seconds]*

02. Three specific things

4 min

[the specificity is the whole method — push for detail, and give real time between each one]

We're looking for three things, and they have to be specific. Not “my family” — that's a category, and categories do nothing. Something like: my sister's voice on the phone yesterday, when she laughed at her own joke before she finished it.

The first one. Something from the last day or two. Take your time and get to the actual detail. *[pause for 30 seconds]*

Now stay with it rather than moving on. Where were you. What could you hear. What did your body do when it happened. *[pause for 30 seconds]*

A second thing. This one small — deliberately small. The first mouthful of a hot drink. A seat on a busy train. Someone holding a door without looking up. *[pause for 35 seconds]*

And a third — something about your own body that worked today without being asked. Lungs. Hands. The fact that you can hear this. *[pause for 35 seconds]*

03. Somebody, and why

2 min 30

[the second question is the one that lands — don't rush from it to the close]

Now one person. Not the most important person in your life — just someone who has made things slightly easier lately. *[pause for 25 seconds]*

Picture them doing the specific thing they did. Not their character in general. The thing. *[pause for 25 seconds]*

And ask yourself whether they know. Most people who make things easier have no idea they've done it. You could tell them today, and it would take about nine seconds. *[pause for 25 seconds]*

04. On the days there isn't much

2 min

[the most important segment in the script — slow, level, and absolutely not consoling]

Some days you'll do this and nothing will come. The list will feel like a chore, or faintly insulting given what's actually going on.

On those days, stop. Forcing gratitude turns it into a performance, and a performance you're giving for yourself is worse than not doing it. *[pause for 20 seconds]*

This is a practice of noticing, not of insisting. Noticing works on the days when there's something to notice, and the rest of the time you're allowed to leave it. *[pause for 15 seconds, then lift the voice]*

Open your eyes when you're ready. And if the person from a moment ago is reachable — nine seconds.

USAGE

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