

## **SEVEN MINUTE SOUL SATISFIERS**

**#1- Gratitude**; The ability to express the feeling of being grateful and showing an appreciation for implied acts of kindness and thoughtfulness. The desire to be intentional in expressing acts of kindness, thoughtfulness and becoming deliberate in looking for ways to be helpful/meaningful.

- a. Recall someone or sometime when an act of kindness was acted out for you, think about how that felt and what it meant to you in that moment.
- b. Make a mental list in your mind of people in your life that you are grateful for, and give a couple of reasons why.
- c. Think of ways to be a blessing to random people you might meet, in the course of your day.
- d. Take a hard or bad experience, reframe it and find a way to extract gratitude for that experience.

**#2- Forgiveness**; The disposition and intentionality to forgive for wrongs and offenses committed against you. The ability to not only grant pardon but also release anger, resentment and feelings of retaliation.

- a. Think about a time that you were wronged and subsequently hurt, take a moment and truly forgive that person and release the power over you that you have given them.
- b. Think about a time that you made bad decisions or actions that eventually caused consequences that continue to weigh heavy on you- forgive yourself, release those chains that keep you in bondage. Then tell yourself that you are forgiven.
- c. Think about someone who you know you have treated unfairly or even poorly, construct a plan where you can reach out in an attempt to ask for their forgiveness.

**#3- Joy** – The emotion that is the expression of happiness, delight and contentment. Joy is a “state” of mind representing out mood, physiology, thinking and emotions in the moment.

- a. Reflect on a moment when you experienced optimal joy, with eyes closed re-experience it, see what you saw, feel what you felt, then embrace that moment.
- b. Reflect on a family moment that brought you the most joy, use the same criteria as above to re-experience it.
- c. Think about those individuals in your life that bring you joy and reflect on how they bring you joy.
- d. Think about how you can be the vehicle of someone else’s joy- be specific with tangible verbs.

**#4- Love-** Love is one of the core human needs, everyone has the need to be loved and receive it as well as to give love and have it received. Love serves as a foundational element to all the other soul satisfiers. The feeling of being cherished, nurtured and valuable.

- a. Reflect on people who truly love you and how they consistently express that love to you. Remember those moments of feeling unconditionally loved and ruminate on it for a minute until you smile and feel like you did in the memory.
- b. Make a mental list of all your good qualities that make it easy to love you, then love yourself
- c. Think about those in your life who you are blessed to be able to love, think about creative ways that you can learn to express that love.
- d. Think about ways you can be “loving” to people who have presented themselves as unloving or unkind. Come up with a list of actions that fall under the definition of loving

**#5- Courage-** The quality one displays that enables them to face difficult, painful or fearful situations. Courage is not the absence of fear but the ability to persevere through those fearful times.

- a. Remember a moment in the past that you exhibited courage, re-live it and allow yourself to be proud.
- b. Think about things you have lying ahead of you that will require you to be courageous, in a pre-emptive plan begin to call on the courage you have exhibited before.
- c. Reflect on a time when someone mustered up great courage in your behalf, remember how that felt.
- d. Think about those in your life who need to be their “hero” how will you arise to that occasion?

**#6- Generosity**—the ability to be liberal in your giving, with no strings attached. Looking for opportunities to give not only of your abundance, but at times learning to give sacrificially.

- a. Remember a time when someone gave you money, time, or actions that made a real impact on you. Relive those moments in a way that prompts you to give back sacrificially.
- b. Make a mental list of those important in your life and how and when you might get to implement generosity.
- c. Think back about missed opportunities to express generous behavior, think about how you might have responded in an attitude of generosity.
- d. How can develop an attitude of generosity to those whom you come into contact with, that you do not know.

**#7- Hope** – Is the feeling that what I have determined I want and/or need will eventually come to be. There is an active hope that requires personal ownership and action and an inactive hope that simply sits and wishes. Hope gives a sense of reality to dreams.

- a. Think about the times you have been hopeful and have experienced the reality of that hope becoming evident. Relive those memories in a way that begins to set a pattern.
- b. What area right now are you currently experiencing that is dark or troublesome- allow yourself to hope for a happy ending, what would that look like- be detailed.
- c. If hope puts weight into dreams- allow yourself to dream and dream big- let yourself be hopeful- what would that look like, be detailed.