

Strawberries, Lemons, and Flowers

**"If you want to keep the blessings of life coming to you,
be grateful for what you have and for whatever is given."**

—Sri Harold Klemp, *The Wonder Within You*, p. 12

TRY THIS GRATITUDE EXERCISE ON YOUR OWN OR WITH YOUR FAMILY!

Everything that happens throughout our day carries a gift from the ECK. At the end of your day, reflect on the gifts you received and ones you gave. Write down or take turns sharing your Strawberries, Lemons, and Flowers with your family. When you are done, take a moment to be grateful for the gifts you received, learned from, and gave today!

TIP: This can be a fun family tradition during a daily meal or at bedtime.



Strawberry—the sweetest and best part of your day



Lemon—a hard part of your day that was a little sour



Cauliflower— what you learned from your Lemon.
This is the spiritual nutrition of your experience!



Flower—something you did for someone else. It
could be an act of kindness, a gift you gave, how
you helped someone, or any other way you gave
divine love or service during your day.