

# Day 14: Gratitude Check-In



**A Guide by  
Shree's Essencia**

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## **Day 14: Gratitude Check-In**

**Theme: Reflect on what you appreciate about the important people in your life and express it to them.**

**Story: A Simple Gesture of Gratitude**

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It was a **regular Monday evening** when **Avantika** sat down at the dining table, scrolling through her phone while the quiet hum of the house surrounded her. Her **mother, Sita**, was in the kitchen, as usual, preparing **dinner**.

Avantika's **mind was scattered** with work pressures, upcoming plans, and the usual daily busyness. Yet, amidst all this, she realized something important: **her mother had always been a steady source of care and support**.

**Sita** had always been a **quiet, unwavering source of love**—whether it was the **comforting aroma of a home-cooked meal** after a long day or her **soothing presence during stressful moments**. But Avantika had become so **used to these little gestures of love** that she often took them for granted.

Today, as she **watched Sita move gracefully in the kitchen**, a **wave of appreciation** washed over Avantika.

*"How often do I actually stop and thank her?" she thought, feeling a bit guilty for **not expressing her gratitude sooner.***

She remembered how, just last week, **Sita had stayed up late helping her with a project** she was stressed about, despite her own **exhaustion**. It was always the **small things** that made Avantika feel **supported**.

Avantika got up and **walked into the kitchen**, where **Sita** was stirring the pot. She cleared her throat before speaking.

*"Mom," she began softly, "I just wanted to thank you for everything. For the way you always make sure I'm okay, for the little things like packing my lunch or checking in on me when I'm stressed. I really appreciate it."*

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**Sita paused**, looking up with a **surprised yet warm smile**.

*"Oh, sweetheart, you don't have to thank me for that," she said, her voice gentle. "I just do it because I love you."*

**Avantika smiled back, feeling a warmth in her chest.**

*"I know, Mom. But I just wanted you to know how much it means to me. Sometimes I forget to say it, but I really do appreciate everything you do."*

Sita's **eyes softened**, and she walked over to **Avantika**, pulling her into a hug.

*"Thank you for saying that. It means more than you know."*

In that moment, **Avantika realized how important it was to express gratitude**, even for the little things that are often **taken for granted**. A **simple thank-you** had **deepened their connection**, making her feel **more bonded** to her mother than ever before.

## Reflection

Like **Avantika**, we may sometimes **overlook the small acts of kindness and love** in our daily lives.

Taking the time to **recognize and express gratitude** for these actions can **create stronger, more meaningful connections**.

- ✓ **Gratitude nurtures understanding**
- ✓ **Deepens love and enhances connection**
- ✓ **Creates space for more joy, harmony, and mutual respect**

When we **express appreciation**, we create an **atmosphere of warmth and positivity** in our relationships.

## Activity

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#### 1 Reflect

Think about **someone close to you—a family member, partner, or friend**.

- What's one **small thing** they do that makes you feel **loved or supported**?
- It could be something **they do regularly without being asked**, like **checking in on you, helping with tasks, or offering emotional support**.

## **2** Gratitude Practice

Reach out to the person you thought about in the first step.

- **Express your gratitude** through a **heartfelt message, handwritten note, or meaningful conversation**.
- **Share exactly what you're grateful for** and let them know **how their actions make you feel**.

Even a **simple thank-you** can **deepen your connection** and **bring more joy into your relationship**.

## Why Gratitude Matters?

🌿 **Gratitude is a simple yet profoundly transformative practice.**

By regularly acknowledging the small acts that make a difference, we:

- ✓ **Deepen our connections**
- ✓ **Create a more positive and loving environment**
- ✓ **Foster kindness, appreciation, and respect**

Expressing **appreciation daily** shifts our **focus from lack to abundance**, enriching our **relationships** and nurturing a **sense of unity with others**.

### Closing Thought

Just like **Avantika**, you have the **power to express gratitude** for the **everyday moments** that **nourish and strengthen** your relationships.

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✨ **Each expression of thanks deepens your connections and creates a ripple effect of positivity.**

By practicing gratitude, you:

- ✓ **Strengthen emotional bonds**
- ✓ **Foster a culture of appreciation**
- ✓ **Cultivate more fulfilling relationships**

♥ **A simple thank-you can transform your connections in ways you never imagined.**

📖 **Guided by the Bhagavad Gita**

📖 **Gratitude is a form of devotion—a sacred acknowledgment of the divine presence within all beings.**

📖 **In Chapter 9, Verse 22, Krishna assures that those who surrender to Him with faith and gratitude will receive everything they need.**

🙏 **When we practice gratitude, we honor both the person in front of us and the divine essence that flows through them.**

## Relevance

- ✓ **Gratitude deepens emotional bonds** by acknowledging the **divine in relationships**.
- ✓ **Fosters positive and loving interactions**.
- ✓ **Shifts focus from lack to abundance**, enriching our connections.

By expressing **appreciation**, we cultivate **unity, love, and spiritual connection** with those around us.

*Thank you!*

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