

WEEK EIGHT

**CLOSING: AWAKENING TO JOY**



**AWAKE** (10-15 MINUTES)  
CHECK-IN  
INTRODUCTION  
GRATITUDE MEDITATION



**AWARE** (5-10 MINUTES)  
GROUP REFLECTION



**ALIVE** (15-20 MINUTES)  
GROUP GRATITUDE EXERCISE  
JOURNAL



**ABIDE** (10-15 MINUTES)  
DAILY EXAMEN



**ARISE** (5-10 MINUTES)  
REVIEW HOME PRACTICES  
CLOSING BLESSING