



Character Strengths: Guided Meditations

Lesson 7: Focusing on the Character Strength of Appreciation of Beauty

Let's spend a moment bringing our attention to our breath so that we can become peaceful and relaxed. Let's start by closing our eyes and sitting up straight at our places. We place our feet on the floor and our hands relaxed on our laps. Now we can bring our attention to our breath. Bring your attention to your breath as we breathe in and out for ten breaths. (In/out x 10).

Now we are going to bring our attention to the Character Strength of Appreciation of Beauty. Feel your Treasure Coin of Appreciation of Beauty shining out from inside you. Now remember a time in the past when you used your Appreciation of Beauty. Maybe you noticed something beautiful in nature or some lovely art work. Maybe it was the lovely smile of someone you love! Now imagine a beautiful scene from nature in your head. It could be a shady forest or a sunlit beach with the waves crashing in. Now spend a few moments imagining you are in this beautiful scene. What can you see? What can you hear? What else can you sense? How does it feel to be in this scene? Relax for a while now and enjoy appreciating all of this beauty. Maybe you feel joyful and relaxed. If you find your mind becoming busy or distracted, bring your attention back to your breathing. You can say the words 'seeing beauty' to yourself if you like to help you to keep your attention on the feeling of beauty and peace.

(Pause for around 30 seconds, or more).

Now it's time to gently open your eyes and bring your attention back into the room. Take a minute to do this, and do some gentle stretching at your place. Remember that you can imagine your Appreciation of Beauty shining out like this anytime you want to feel appreciative and peaceful!