

Gratitudes



Week One

What does it mean to have gratitude?

Is it easy for you to find something to be grateful for in your day to day?

“I want to compare what you think it means to have gratitude versus what Miriam Webster says.” Gather what gratitude means to your coworkers.

Gratitude (noun): a feeling of appreciation or thanks

What is something you are thankful for? When you spend time scanning your day and life for something to be thankful for, it automatically retrains your brain to look for the good.

Over the next 21 days, we are going to spend time looking at our lives and finding something to be thankful for each day. When we are trying to decide something to be thankful for, we have to scan through our day. When we are deciding what we are thankful for, it can be something simple like our phones, or having your best friend who works with you; but we can also say something a bit more complicated, like, “a cheeseburger with crispy bacon and mayo”, or “A boss who goes the extra mile for you.” Write down three NEW things your are grateful for each day.

One thing I am grateful for is:

Alternative Discussion

- Who is a person you are thankful for?
- What is a day of the year you are thankful for?
- What is an activity you are thankful for?
- What technology are you most thankful for?
- What experience have you endured that you are thankful for?

Weekly To-Do's:

1. Get started on your twenty-one day gratitude challenge and keep it going
2. Make sure to use the Gratitude Journal to track your progress.