

Gratitudes



Week Three

When we create space for positive emotions, it means that we are doing it on purpose. We are intentionally looking for ways to create space for positivity. Some days can seem bad, but when we take the time to find what makes us smile, it can help us a lot. This is the type of behavior that helps us to automatically find the good, regardless of the situation. By finding gratitudes in our day, we realize we have to make our own selves be happy.

In a couple of sentences, describe what each frog had to be grateful for, even if they didn't realize it at the time, and explain why.

“What was Spark’s point of view of living on Pond 4?”

“What was Misty’s point of view on living on Pond 4?”

“What was Plop’s point of view on living on Pond 4?”

“What was Bull’s point of view on living on Pond 4?”

Alternative Discussion

- What is an example of a positive emotion?
- How can you create space for positive emotions?
- Do you typically find yourself able to scan for positives through your day?

Weekly To-Do's:

1. Continue with your twenty-one day Gratitude challenge
2. Make sure to use the Gratitude Journal to track your progress