

Gratitudes



Week Four

How often do you find yourself in a situation to create positive emotions for yourself and others?

When we reflect back, it's important to be self-aware. Reflection can be a tool we use as students to grow ourselves. We have to think about what we have done, what we have said, and how it has changed our day. We can think about the way these things have affected us and how they have affected others. We are going to look back at the way our Gratitude Journal has impacted our day and our lives.

Do you feel like you are happier, knowing you are spending time each day looking for the good in your day?

When we reflect on our time with our gratitude journals, we are going to use this sentence frame:

“When it comes to Gratitude, I **used** to think _____,
but **now**, I think _____.
One thing that has **changed** is _____.”



Weekly To-Do's:

1. Make sure you've completed your twenty-one day Gratitude challenge!

Alternative Discussion

- Was it difficult for you to reflect?
- Do you think there was an overarching difference made?
- What evidence do you have of a change?
- Is this tactic something you can see yourself doing in the long run?
- What is one thing you can do to make this tactic sustainable?