

Gratitudes



Week Four: Reflection and Gratefully Going Forward

Prework Expectation:

1. Watch this video from Statistically (Send this link out in advance)
[How to break the bad habits in 21 days - try it and see the results](#)
2. Finish their 21-day Gratitude Journal and review what they have written

Learning Objective: (“Each participant...”)

- Has read and understands the Orange Frog parable.
- Will discuss the central theme of The Orange Frog and discover it’s metaphorical connections to everyday life.
- Re-frame one’s thinking to create a “SPARK-like” self identity

Essential Concept:

Demonstrate leadership, integrity, ethical behavior and social responsibility in all environments.

Skills Required:

- Self-management
- Self-awareness
- Communicate clearly
- Collaborate on structured tasks
- Show sensitivity to others’ views and ideas
- Understand how to create consensus
- Use active listening and speaking skills
- Positively support the work of others

Opening question(s):

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

Thoughts to Consider:

When we reflect back, it’s important to be self-aware. Reflection can be a tool we use as participants 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.

Does anyone feel like they are happier, knowing they are spending time each day looking for the good in their day?

Gratitudes



Connecting This Lesson to Our Work:

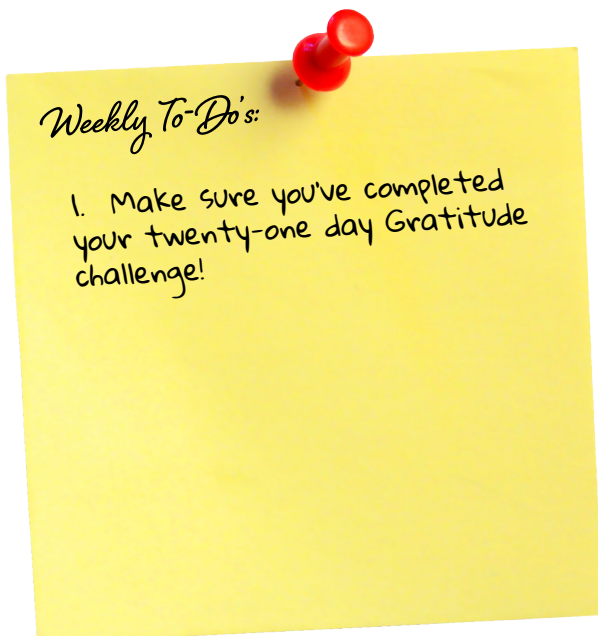
- What was your biggest learning regarding gratitudes as they connect to our work?
- How did you feel about your work-life while reviewing your 21-day Gratitude Journal?

Action:

Today, we are going to look back and reflect on the impact of the tactic.

We are going to discuss what you thought about gratitude when we started our journal and how it is different than what we think about it now. We are also going to talk about what has changed since we started working on this tactic. 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 _____.”



Alternate Discussions:

- 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?