

# Week 18 – Gratitude

## Day 1

### Gratitude - Definition

Focused and thankful for what we have; seeing the glass half full not half empty.

### Gratitude – Quote

“When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies within yourself.” Tecumseh

### Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M\_\_\_\_\_ T\_\_\_\_\_ W\_\_\_\_\_ Th\_\_\_\_\_ F\_\_\_\_\_ Sa\_\_\_\_\_ Su\_\_\_\_\_

### My Goals for the Week:

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What are you grateful for?

Why is gratitude the healthiest emotion?

## **Week 18 Gratitude**

### **Day 2**

#### **The Legend of the Sun Not Coming Up**

Legend has it that one day the sun did not come up. The people waited all day, and finally in the late afternoon went to church and prayed that God would have the sun come back. The next morning all were standing facing the east and as the sun rose, a great and mighty cheer went up.

Often, we are guilty of taking for granted the most important things and people in our lives and until they are taken from us, do not realize how grateful we were to have them. Everyone has special people in our lives and special talents and daily we need to take the time to appreciate what we have.

**Who are you grateful for and why?**

**What have you done for someone to make them grateful to have you in their life?**

# **Week 18 Gratitude**

## **Day 3**

The number one thing people want to receive is written correspondence.

### **The Little Boy and the Log**

The little boy fell down exhausted from trying to move the log.

His father said, "You did not use all your resources in moving the log."

"What did I not use?" the boy asked.

"You did not ask me to help," replied his father.

Thanks for your help in moving the "log".

Send this thank you note to someone explaining what log they helped you move. This could be a teacher, friend, coworker, neighbor.

**How did you feel writing and sending the note?**

**What would happen if you did this once a week, every week, to someone different in your life?**

**President George H.W. Bush wrote thank you notes every morning. Why do you think he did this?**

# Week 18 Gratitude

## Day 4

### Formula for being Grateful

The healthiest emotion a person can have is gratitude. Gratitude is also the least durable of our emotions. We have a national holiday for gratitude, Thanksgiving. We sit with loved ones and give thanks (gratitude) for what we have.

Sadly, it is short lived. Most people can tell you what is wrong or bad with their lives. Almost everyone can tell you in what areas they are deficient.

It takes well thought out strategies to make people realize how grateful they should be for what they have rather than complaining about what they do not have.

Here are some strategies I have seen that work:

1. Begin each day by writing something you are grateful for.
2. Put 10 things you are grateful for on your bathroom mirror to look at each morning to begin the day.
3. A principal at a middle school had teachers write on post-it notes something they were grateful for as a ticket to enter the teachers' lounge.
4. A coach had each assistant coach and player put a picture or a memento of the best day of their life in their locker. They saw this picture each day.
5. As previously mentioned, write letters or weekly thank you notes to someone who has helped you.

Grateful people are happy people! You have to make it a habit to be grateful!

1. We always wrote 3 things we were grateful for to give players on Monday at the beginning of practice. We increased that to the 10 best things about being in the playoffs. Coaches never had a problem doing this and it begins staff meetings on a positive note.
2. A teacher had each student write a positive comment about another student when he was calling roll. It could not have anything to do with physical appearance or clothes. He often read one or two to begin class.
3. A teacher met each student at the door and students had to look him in the eye and fist bump or shake hands with a positive greeting.
4. At the team lock in at the end of summer camp, a sheet with a player's name was passed around. Each player wrote a positive comment about the player. The player posted these on their locker door.
5. Write you own idea here to insure gratitude.

No one inherits this quality. It is developed over time.

**“Feeling gratitude and not expressing is like wrapping a present and not giving it.”**

**William Arthur Ward**

**What does this quote mean to you?**

**This quote would imply that you are supposed to give something away. Why would this be important?**

# Week 18 – Gratitude

## Day 5

### Evaluate Your Week

We've been focused on "Gratitude" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

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If you completed goals, what did you learn?

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Write down in complete sentences, something that you learned about "Gratitude" this week.

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Of the three stories, "Legend of the Sun", "The Little Boy and the Log" and the "Formula for Gratitude", which had the most impact on you? Why?

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