

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #22: SHOW 3 THINGS THAT BRING YOU JOY



When Toni Morrison was a teacher, she told her students, "When you get these jobs that you have been so brilliantly trained for, just remember that your real job is that if you are free, you need to free somebody else. If you have some power, then your job is to empower somebody else." Empowering the world around you by showing gratitude can be expressed in a lot of ways.

Whether it's essential workers, your pets, or your home garden, there are many things that can bring us joy and have us feeling grateful. There's been a lot of research that shows that even expressing gratitude with different actions, such as saying thank you and helping others, can bring positive emotions (Sheldon & Lyubomirsky, 2006). It is important to take the time to show gratitude.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, places, or things. We can show gratitude by providing thankful messages and smiles to others. Today, show gratitude by taking a picture or creating a video talking about three things that bring you joy and gratitude.

Practice Gratitude Today:



1. GRAB A PIECE OF PAPER AND A PENCIL OR MARKER. ALSO, GRAB YOUR PHONE OR A CAMERA.
2. THINK ABOUT THREE THINGS THAT BRING YOU JOY AND THAT YOU APPRECIATE, INCLUDING PEOPLE AND DIFFERENT THINGS IN YOUR ENVIRONMENT.
3. WRITE DOWN WHY THEY BRING YOU JOY AND WHAT YOU APPRECIATE ABOUT THEM. YOU CAN EVEN LIST THEM!
4. TAKE A PICTURE OF YOUR LIST OR DO A VIDEO TALKING ABOUT WHAT BRINGS YOU JOY! INCLUDE DRAWINGS OR PICTURES OF THE THINGS YOU'RE GRATEFUL FOR. BE CREATIVE!
5. SEND THE PICTURE OR VIDEO TO THE PEOPLE YOU TALKED ABOUT AND/OR SHARE THE THINGS YOU'RE GRATEFUL FOR. WHETHER IT'S YOUR GARDEN OR YOUR BEST FRIEND, SHARING GRATITUDE WILL MAKE YOU AND OTHERS FEEL HAPPIER.

Parent Practice Tip:

Discuss with your child(ren) about the things that make you happy and what you are grateful for. Explain to them that talking about things that we are grateful for can make us feel happy.

To Learn More:

WHAT IS GRATITUDE?

GRETA THUNBERG'S GRATITUDE FOR EARTH

HOW SHOWING GRATITUDE BRINGS HAPPINESS

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