

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #18: GRATITUDE GARDEN



Michelle Obama once said, "We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect." In other words, it is not just one person, place, or thing that culminates into our successes, happiness, and joy. There are many factors that contribute to our smiles, celebrations, and victories; all of which we can express gratitude towards.

Gratitude can be defined as the feeling of appreciation and desire to return the kindness displayed by someone. We may feel gratitude towards ourselves, places, groups of people, or an individual person. No matter, who, what or where this gratitude is aimed, it is important to bask in it. In order to reminisce and find ways to appreciate yourself and others, make a gratitude garden.

### Practice Gratitude Today:



1. GRAB SOME POST-ITS OR CONSTRUCTION PAPER, SOMETHING TO WRITE WITH, AND ANY OTHER CRAFT SUPPLIES YOU MAY LIKE TO USE.
2. THINK ABOUT DIFFERENT PEOPLE, PLACES, OR THINGS YOU ARE GRATEFUL TO OR FOR.
3. WRITE THEM DOWN ON A SEPARATE SHEET OF PAPER.
4. YOU CAN MAKE SMALL FLOWERS OUT OF PAPER AND WRITE YOUR GRATITUDE NOTES IN THE CENTER OR YOU CAN MAKE IT MORE LIKE AN INSPIRATION BOARD AND PUT IT ON POST-ITS.
5. ARRANGE YOUR POST-ITS OR FLOWERS ON A PAPER OF YOUR CHOOSING AND TAKE A MOMENT TO ADMIRE YOUR BLOSSOMING GRATITUDE GARDEN. ADD AS NEEDED!

### Parent Practice Tip:

In these challenging times, it may be difficult to focus on things you feel grateful for when there is much you might be missing. When you wake up in the morning, if it's too difficult to think of something you are presently grateful for, identify something from the past and the future that you feel grateful for. It will give you an uplifting way to start your busy day!

### To Learn More:

#### WHAT IS GRATITUDE?

#### Self-Care with Scarlett Lewis:

#### Gratitude (with Mia Daley)

#### Blog about Choose Love: Gratitude

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)