

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #6: WRITE A THANK YOU NOTE



Albert Schweitzer, a theologian, philosopher, and physician who received the Nobel Peace Prize in 1952, once said "At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

For many of us, this may be a time of darkness and upheaval, but in this darkness, the light shed by those around us is even more apparent. We can take this time to acknowledge and appreciate the hard work of those around us, whether it be the doctors and nurses who continue to fight this virus, the mailmen who continue to deliver our packages and letters, or our families and friends who continue to put smiles on our faces each day.

Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, people, places, or things. Let us take the time to appreciate all the people in our lives and in the wider community who are actively rekindling our lights and the lights of others so that this darkness that surrounds us is eased by the light of service and gratitude.

Practice Gratitude Today:



1. GRAB A PENCIL AND A PIECE OF PAPER OR USE YOUR LAPTOP OR PHONE.
2. THINK ABOUT SOMEONE IN YOUR LIFE WHO HAS BROUGHT YOU HAPPINESS AND REFLECT ON ALL THE WAYS THEY'VE BRIGHTENED YOUR LIFE.
3. NOW, WITH THAT IN MIND, WRITE A NOTE THANKING THEM FOR ALL THAT THEY'VE DONE FOR YOU.
4. TAKE A PICTURE OR MAKE A COPY TO KEEP AS A PERSONAL REMINDER TO NOT TAKE THAT PERSON FOR GRANTED.
5. SHARE THE ORIGINAL NOTE WITH THEM, EITHER BY HANDING IT TO THEM IN PERSON (IF THEY LIVE WITH YOU) OR SENDING IT AS A TEXT OR EMAIL.

Parent Practice Tip:

Feeling frustrated? Take a moment to think about one thing that you appreciate about the people in your life. Send this simple message to them.

To Learn More:

WHAT IS GRATITUDE?
GRATITUDE BREATH
GRATITUDE CALENDAR

www.ChooseLoveToThrive.org