



SAINT JOSEPH CATHOLIC HIGH SCHOOL
STRIVE
31 Days of Gratitude

Read the excerpt below about the power of gratitude.

Gratitude attracts what we want. The universal law of attraction says that we will attract into our life the things we think about and focus on. Since this is true, wouldn't you want more of what you are thankful for? Remember that when you are consciously aware of your blessings, and are grateful for them, you are focusing more clearly on what you do want in your life - and are attracting more of those things into your life.

Gratitude improves relationships. We learn the importance of saying "thank you" as little children. We are taught that habit because it is "good manners." This childhood lesson is extremely powerful. Think about those people that you know who are most appreciative of you - and let them know it. How do you feel about them? Does their appreciation positively impact your relationship with them? Of course it does! Be grateful for people, their contributions, their talents and their actions - and make sure you let them know how you feel.

Gratitude reduces negativity. It is hard to be negative about your situation when you are thinking about things for which you are grateful. One of the fastest ways to improve your mood or outlook is to count your blessings.

Gratitude improves problem solving skills. Too often we look at problem solving with a very jaded view. "Something is wrong. We have barriers in our way. Then, we have to put in effort to fix it." Conversely, when we think about what we are grateful for we open our minds up to new possibilities and connections. We also enter a problem solving situation with a perspective of improvement and opportunity rather than challenge or issue.

Gratitude helps us learn. Every dark cloud has a silver lining. Behind every problem lies an opportunity. Being grateful for our situation - even if we don't like everything about it - allows us to be thankful for the opportunity to learn something new.

http://www.successconsciousness.com/guest_articles/power_of_gratitude.htm

Distribute a blank calendar for the month of October and ask each student to write down two things they are grateful for each day of the month.

October 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

“For each new morning with its light, For rest and shelter of the night,

For health and food, for love and friends, For everything Thy goodness sends.”

Ralph Waldo Emerson