

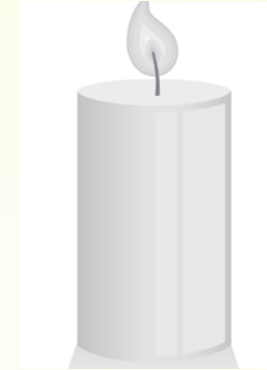
Letting Gratitude Guide Your Attitude

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Opening Prayer



- Lord God,
your spirit of wisdom fills the earth
and teaches us your ways.
- Look upon these teachers.
Let them strive to share their knowledge with gentle patience
and endeavor always to bring the truth to eager minds.
- Grant that they may follow Jesus Christ,
the way, the truth, and the life,
forever and ever.
- Amen.

(Prayers for Teachers, 2022)



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Objectives

- Identify strategies to make gratitude a daily habit.
- Examine how gratitude impacts our brain.
- Identify strategies to support self-care.



Life is Messy

“

Although the life of a person is in a land full of thorns and weeds, there is always a space in which the good seed can grow. You have to trust God.

—
POPE FRANCIS

SPACEFORGOODQUOTE.COM

Graciousquotes.com

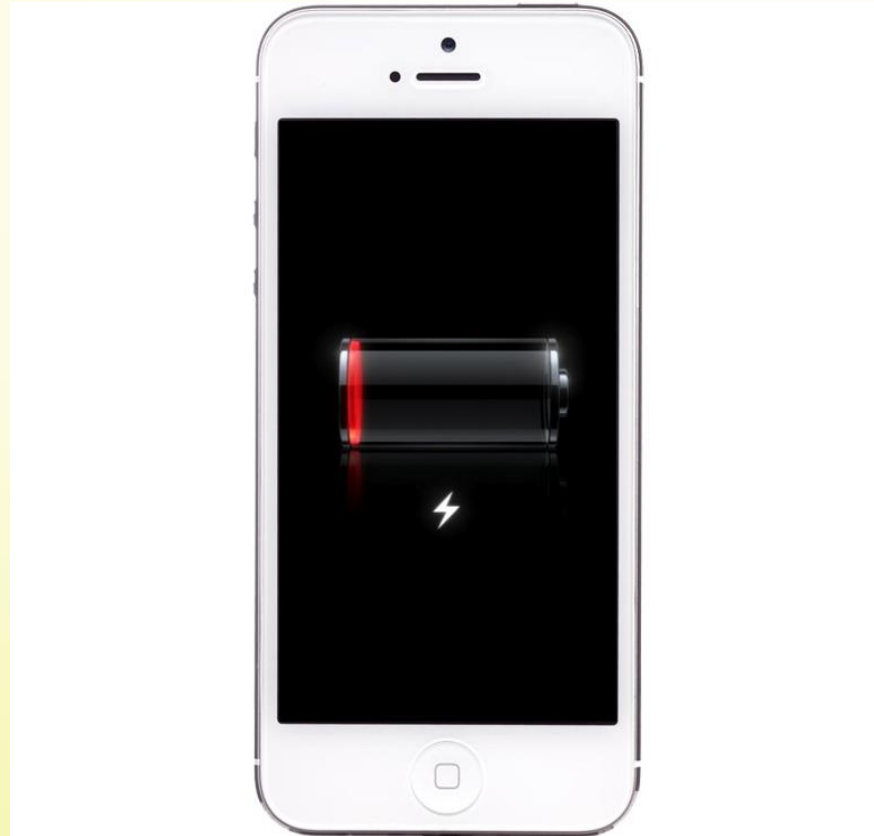
(Kelly, 2021)



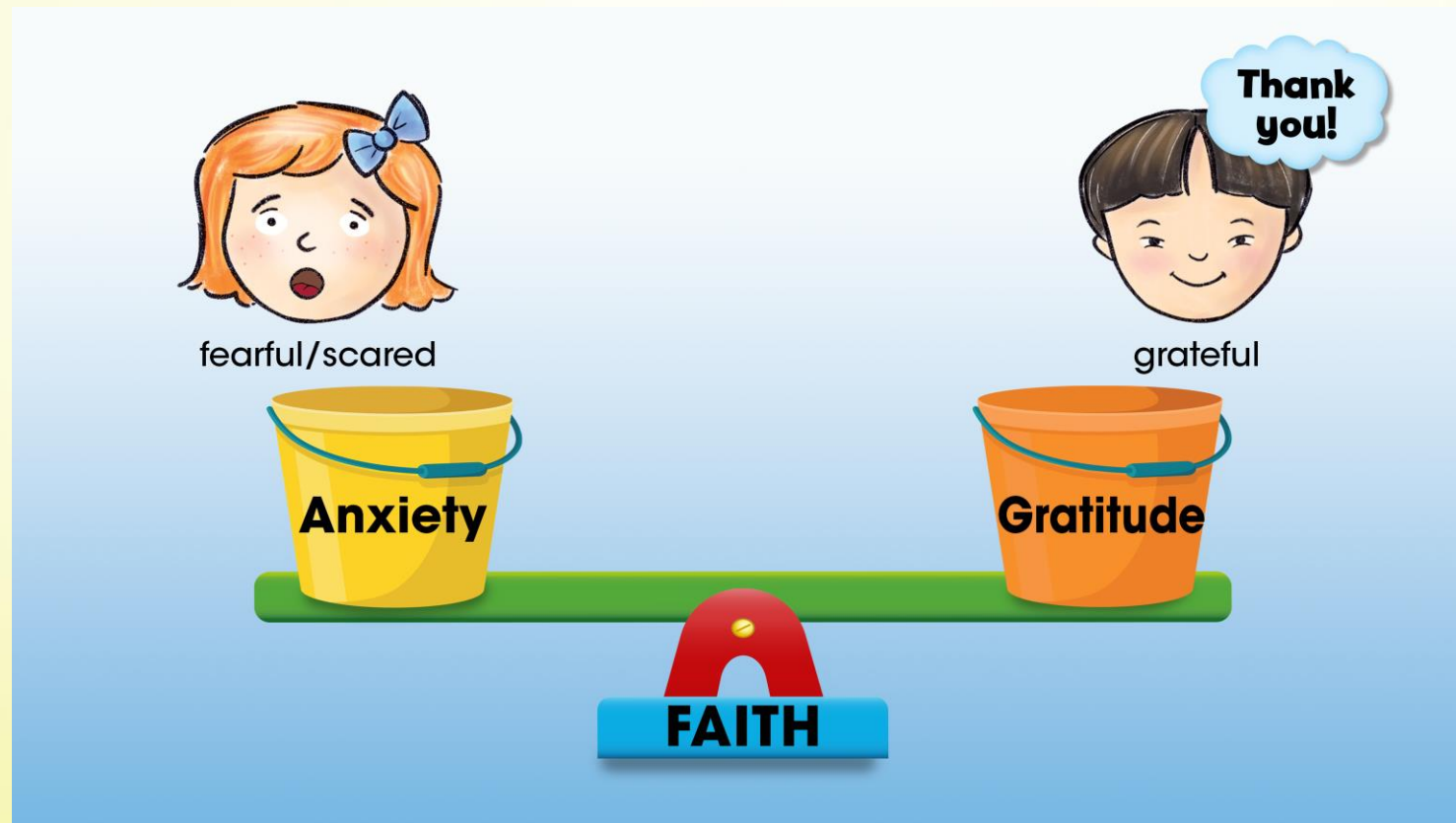
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You Would Not Let Your Cell Phone Battery Get Empty. Why Do You Then Let Your Battery Get Empty?



Filling the Gratitude Bucket to Balance Anxiety



Bucket of Gratitude

Something good happened today and it was.....



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Joy is the Fruit of the Holy Spirit in Your Life

These are All Deserving Our Gratitude

(Are You Looking for Them?)

Love
Joy
Peace
Patience
Kindness
Generosity
Faithfulness
Gentleness
Self-Control



Study of Gratitude –Science Supports Our Faith

- The Journaling assignment
 1. Gratitude group-journal on what you are grateful for daily
 2. Irritated group- journal on what irritates you daily.
 3. Neutral group- journal on what happened each day, but without emotions



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Embracing Gratitude in the Face of Adversity Requires a Heart Open to Grace.

- *"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thes. 5:18)*



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Faith Into Daily Practice of Gratitude

- Intentionality
- Self Care
- We need to focus on the interconnectedness of the mind, body, and soul.
- Grace to not be perfect
- Prioritize Joy
- Prayer and reflection

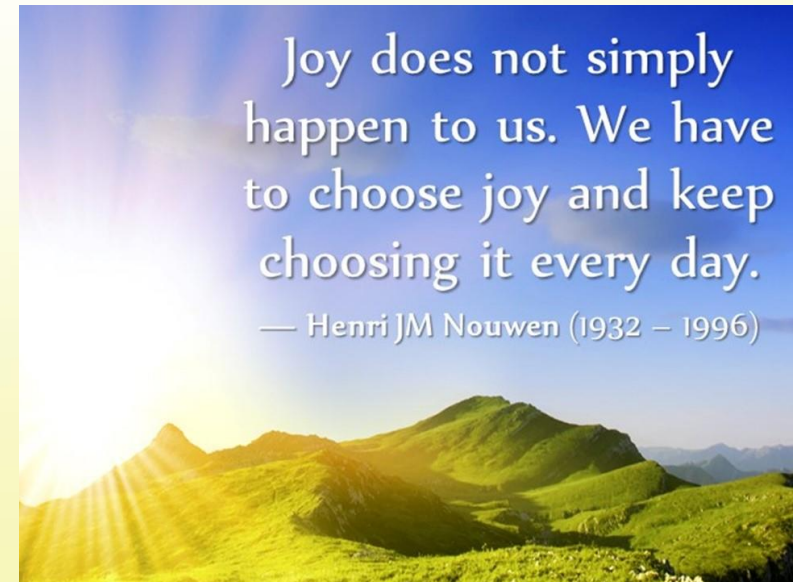


<https://www.pinterest.com/liggybee/pope-francis-quotes/>

Strategies for Gratitude

- Count your blessings daily
- Shift from negative to positive thinking in the moment.
- Balance petitions with thanksgiving in prayer.
- Don't forget to thank God for suffering.
- Express Gratitude to/for others.

(Warner, 2016)



Why Your Brain is on the Outlook for Danger: Why You Need to Override the Danger Single



(Why Your Brain is On the Look Out for Danger, n.d.)

Progress Not Perfection



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Self-Care You Must Care for You to Care for Them

It's a Discipline

**Self-Care is
Not Selfish**

Not a Competition

(Doyle, 2013) and (Julia Hogan, 2018) and (Anderson, 2020)



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Self-Care



Doyle, 2013

Self-Care

- Learn to Identify your stressors.
- Schedule me time.
- Look for the positive.
- Get moving.

You'll never see
the great things
ahead of you,
if you keep looking
at the bad things
behind you.

WWW.LIVELIFEHAPPY.COM

(Anderson, 2020) and (Munday, 2017)



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Self-Care and Gratitude: How They Go Hand in Hand

(M.P.H., 2020)



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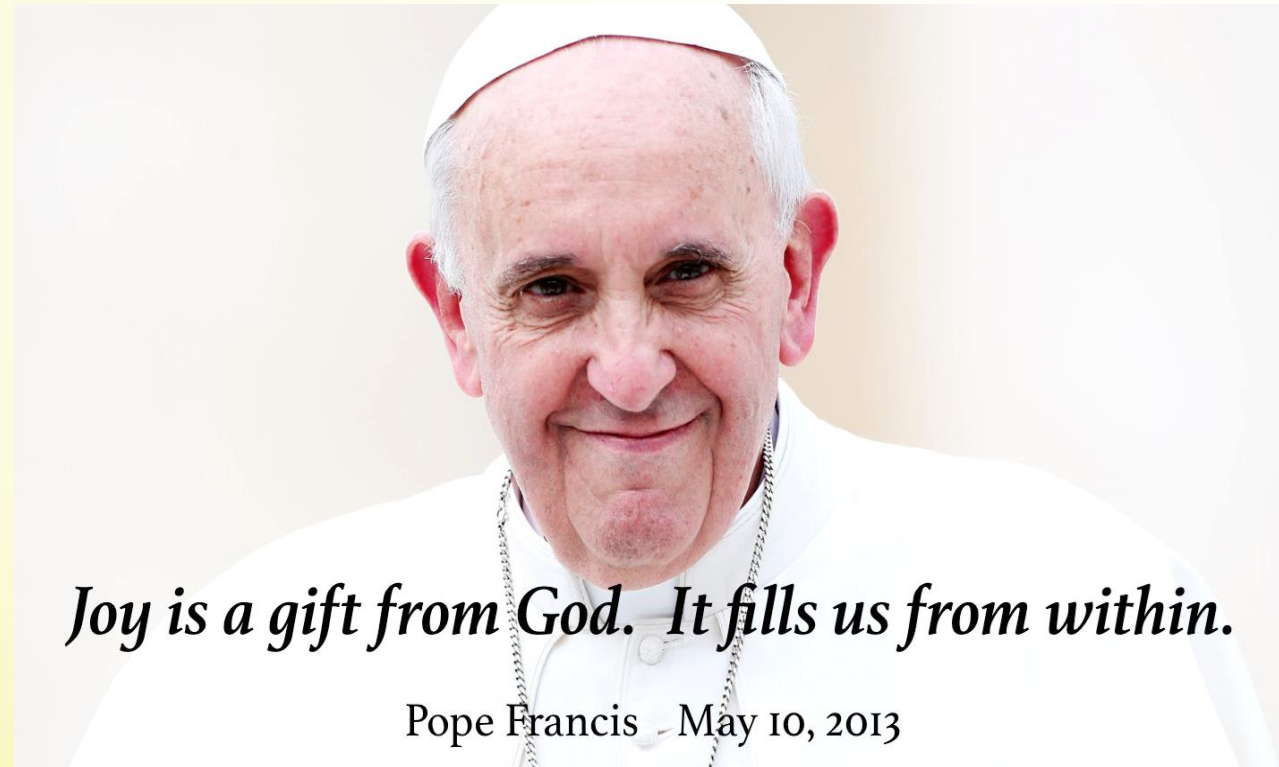
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You Matter Too



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In what ways will you prioritize
gratitude and joy?



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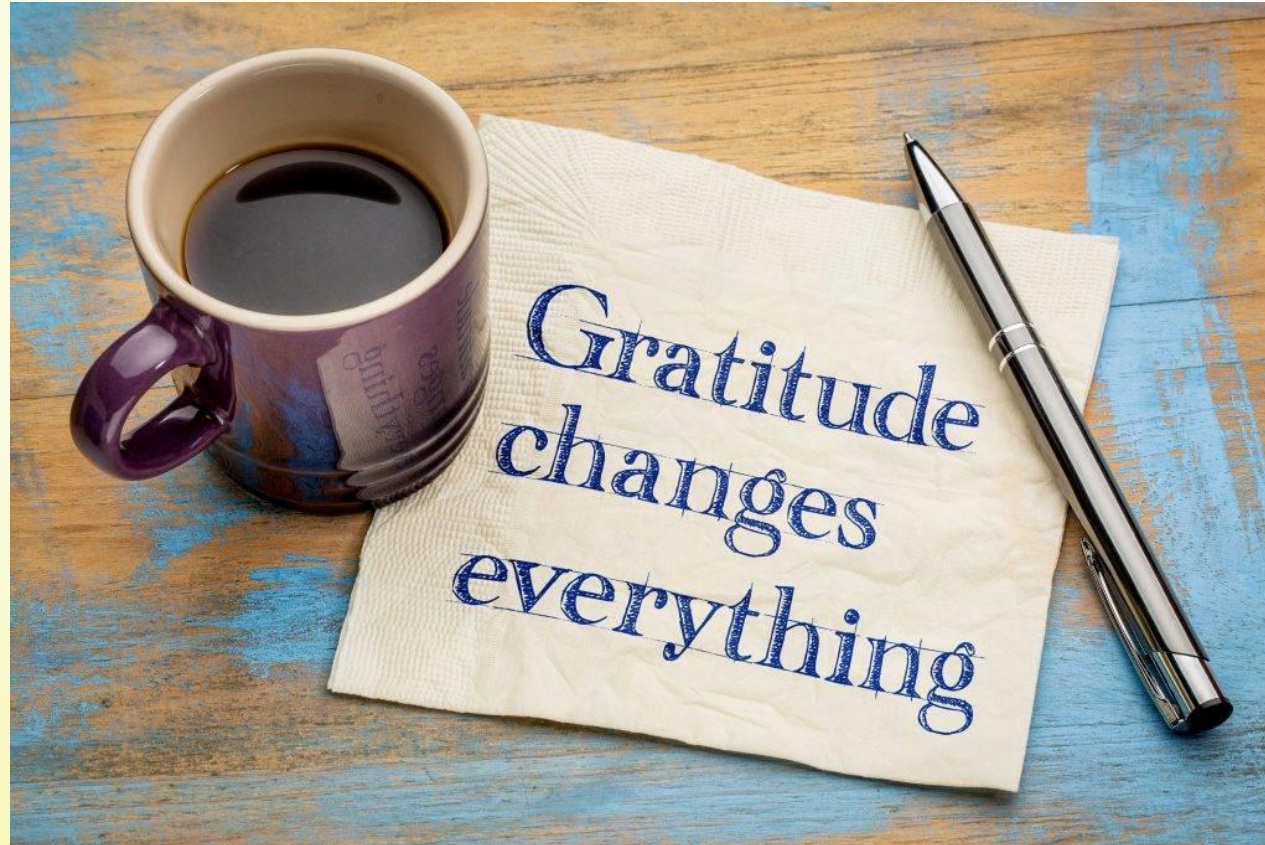
I Am Grateful They Have You to Turn To: Thank



<https://www.youtube.com/watch?v=tznztJVSWgE&t=6s>

(King, 2019)

Let Gratitude Guide Your Attitude



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