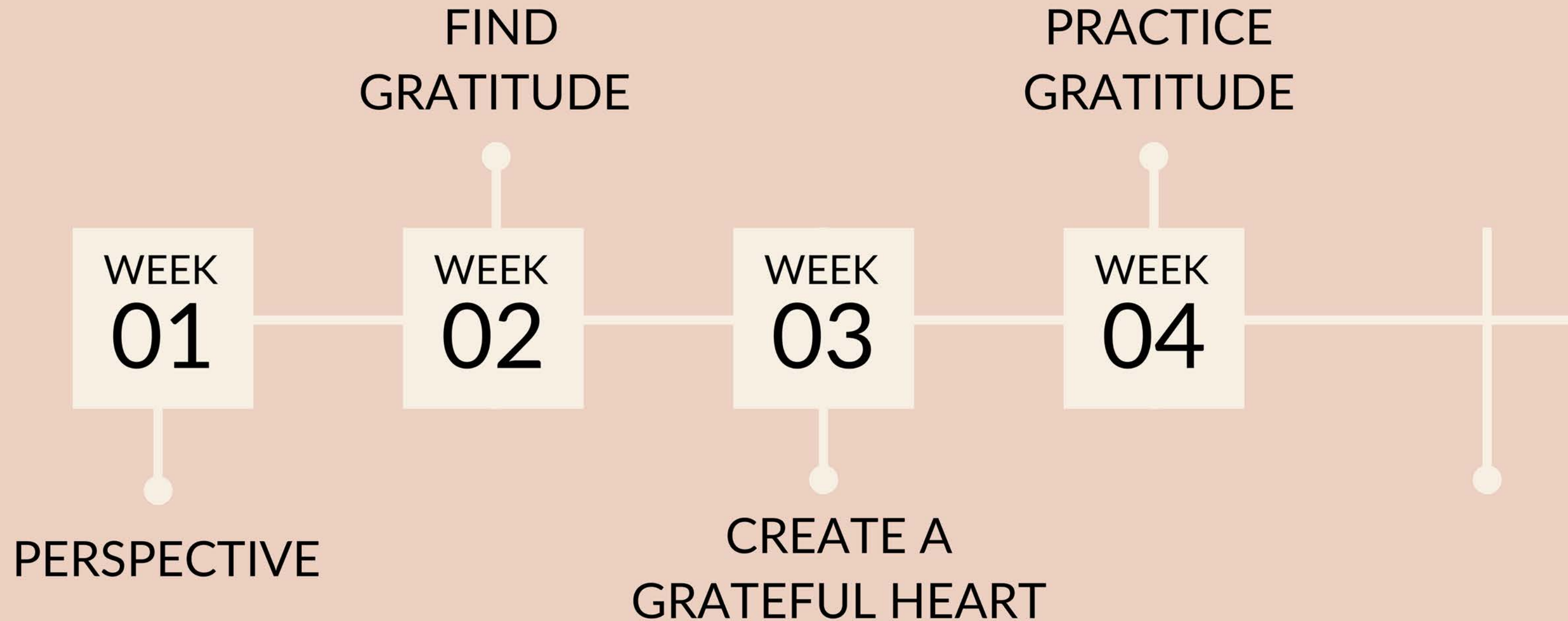


A minimalist bedroom interior with a white bed, a potted plant, and sheer curtains. The room is bright and airy, with a white wall and a white floor. A white bed with a thick, textured blanket and several pillows is on the left. A small white table holds a potted plant in a white basket. A white nightstand with a glass dome and a candle is on the right. Sheer white curtains with a subtle pattern hang on the right side of the frame. A small white rug is on the floor in the foreground.

Gratitude week 3

Timeline





Rate Yourself

On a scale of 0-10, how grateful are you right now?

0 = ungrateful, resentful

3 = mostly ungrateful

5 = neutral

7 = mostly grateful

10 = completely grateful



True forgiveness is when you can say,
'Thank you for that experience.'

- Oprah Winfrey

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What are you grateful for today?

Put your answer in the chat.



Gratitude Review



Gratitude

- Quality of being thankful.
- Readiness to show appreciation.
- Ready to give and return kindness.
 - Pro-social.
- Relationship-strengthening.



Gratitude starts in our head!

1. Affirmation
(something is good)
2. Recognition
(of self and others)
3. Connections
(share with others)



Last Week

Affirming & recognizing what
is good about us.

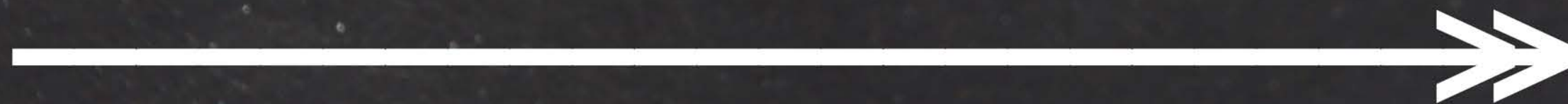
This Week

Building an emotional
connection to gratitude &
creating a grateful heart.



Creating a Grateful Heart

**START EACH DAY
WITH A
GRATEFUL HEART**





**How do you create
your grateful
heart?**



Purpose

1. Knowing what is important to you.
2. Actions that let you and others know what is important to you.



What areas of
your life are
most
important?



Health
Significant Other
Work/School
Friendship
Creativity
Self Growth
Spirituality
Parenting
Family
Community



What is important to you in this area of your life?

- Choose a category
- Describe it
- What value does it add to your life?

Write - 3 minutes



Guided Imagery for Gratitude in Action





What actions do you
see yourself taking
in your value area?

Write - 5 minutes



Committed Action
Decide on one action
you commit to
taking this week to
show your gratitude.

Write 1 minute



What one action will you take this week
to demonstrate your gratitude?

Put your answers in the chat.




Feeling a Grateful Heart



Grab your phone!




Spend the next three
minutes texting a
kind note & a bit of
gratitude to as many
people as you can.

- 
- I love you.
 - Thank you for being you.
 - I appreciate you.
 - I love you just the way you are.
 - You are doing a great job.
 - You are important to me.
 - So excited to see you this week.
 - I am so happy for our friendship.
 - Congratulations on...
 - Good job doing...
 - Thank you for...



What happened?

- How did you feel?
- This joy and gratitude comes from naming and appreciating.
- You need nothing back from anyone else to feel good.



Values to Guide Your Gratitude Actions

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Values

- Look back at what is most important to you.
- The actions you picked are personal to you.
- They demonstrate your gratitude and value in action.
- Nothing is needed from others.



Values

- Values guide us to respond to what is important to us.
- We choose our values.
- We let them guide us.
- Values are consistent.
- Values are never "reached".
- Values do not react to circumstances.



Values

- Allow your values to guide you this week.
- Ask yourself: What are my values in the long run?
- Ask yourself: How can I use these values in this moment?



Values

- *Ask yourself: How can I demonstrate my values in action?*
- *Tone of voice, body language, action/inaction, etc.*



Rate Yourself

On a scale of 0-10, how
Grateful are you right now?



Note your "before" and "after" scores for
gratitude.

Put your answers in the chat.



Making Change

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Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are your values important enough for you to set aside time for conscious change?

YES!



Homework Example

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**What are you
willing to let go
of?**

2

**Let's talk
about gratitude**

3

**Reflection
on your
Gratitude**

4

**Creative
Expression
& Reflection**



What will you let go of?

- Time to let go of judgements about past, circumstances, family, work, living situation, etc.
- Pick a SMALL challenge.
- Complete writing exercise.
- Can you be grateful for the experience?



Let's talk about Gratitude!

- Find 2-3 friends/family.
- Print out the worksheet from workbook.
- Ask the questions & really listen to the answers.
- Respond & show them gratitude.
- Offer to do the exercise with them and they can ask you the questions.



Reflection

- Reflect on your experience talking with friends and family.
- Answer the questions in the workbook.



Art & Reflection

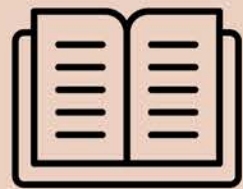
- Create a piece of art using lines, shapes and colors about gratitude.
- Create an image in response to your interviews with friends/family.
- Reflect on what you learned.
- Appreciate your strengths and celebrate.
- Avoid judgement.



What will you remember about
today's class?

Put your answer in the chat

What To Do Next



Review

Review your writing and art from last week.



Make the commitment

Schedule 20 minutes a day & write on your planner.



Week 3

Print out your worksheets.
Read and complete Week 3 exercises.

Thank you!

