

A minimalist bedroom scene with a bed, a potted plant, and a table with a cup and saucer. The room is decorated with white linens, a crocheted blanket, and a small table with a white cup and saucer. A potted plant sits on a white stand, and a hanging light fixture is visible. The background features white curtains with a subtle pattern.

Gratitude week 2

A blue ceramic mug filled with dark coffee sits on a rustic wooden surface with blue-painted accents. Next to it is a white paper napkin with the phrase "I am thankful for today" written in a blue, cursive script. A silver and black pen lies diagonally across the napkin.

I am
thankful
for
today

Timeline

FIND
GRATITUDE

PRACTICE
GRATITUDE

WEEK
01

WEEK
02

WEEK
03

WEEK
04

+

PERSPECTIVE

CREATE A
GRATEFUL HEART



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

Focus on something that you are grateful for
and see what happens. Like a bee spreading
pollen from flower to flower, soon there will
be a field of gratitude flowers growing around
you.

Kate Walsh

www.Arttherapycentersf.com





What are you grateful for today?

Put your answer in the chat.



Finding Gratitude



Gratitude

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



**So, where do we
find Gratitude?**



Gratitude starts in our head!

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

Last Week:

Seeing the Good Outside of us.

This Week:

Affirming & recognizing what
is good about us.



I AM GRATEFUL FOR
WHO I AM AND
WHAT I HAVE





Mindset

1. Positive Thoughts.
2. Generous Kindness.
3. Recognize negative thoughts for what they are...just thoughts.



M e d i t a t i o n

O b s e r v i n g

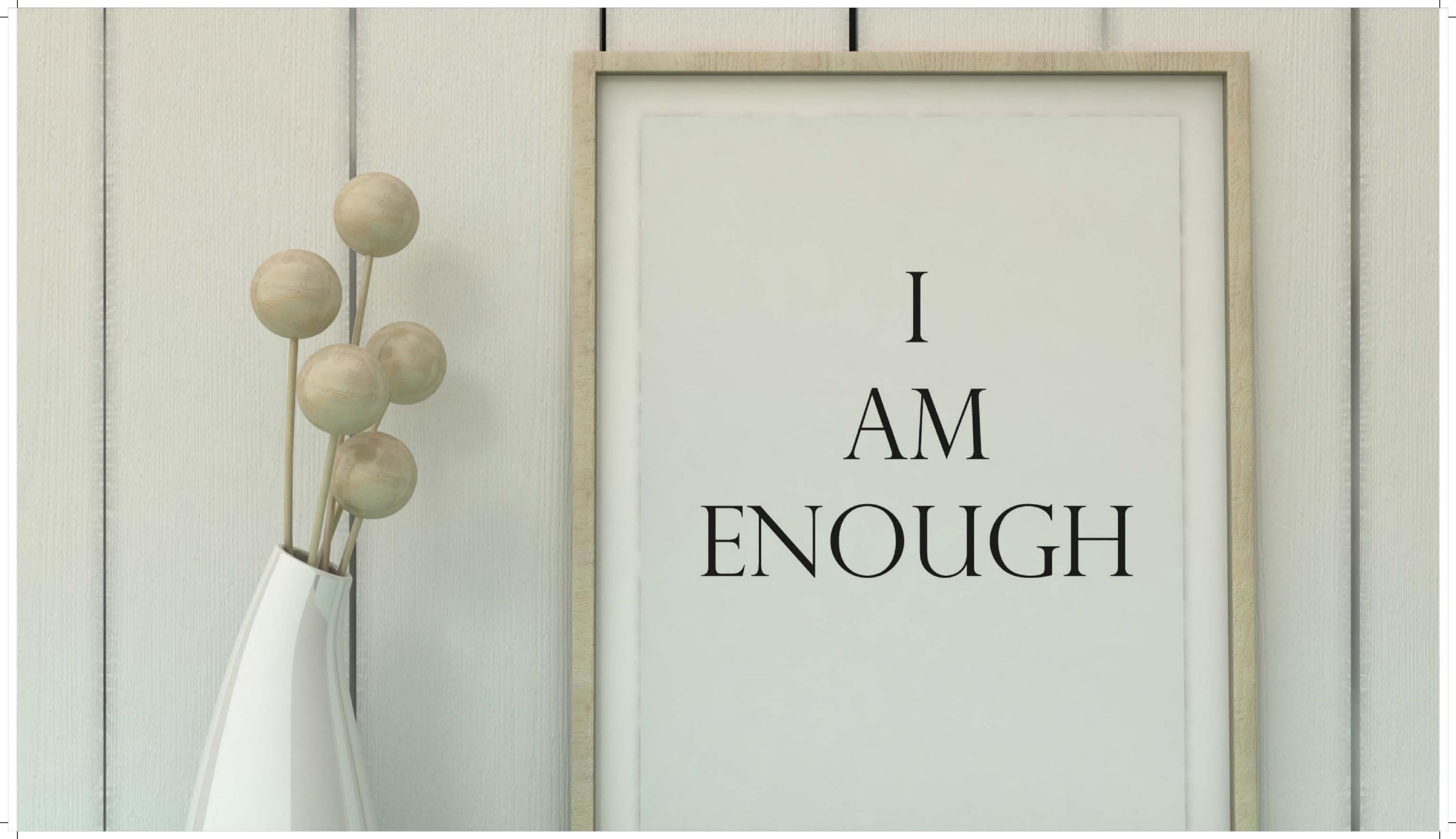
T h o u g h t s

I a m / s h e i s / w e a r e

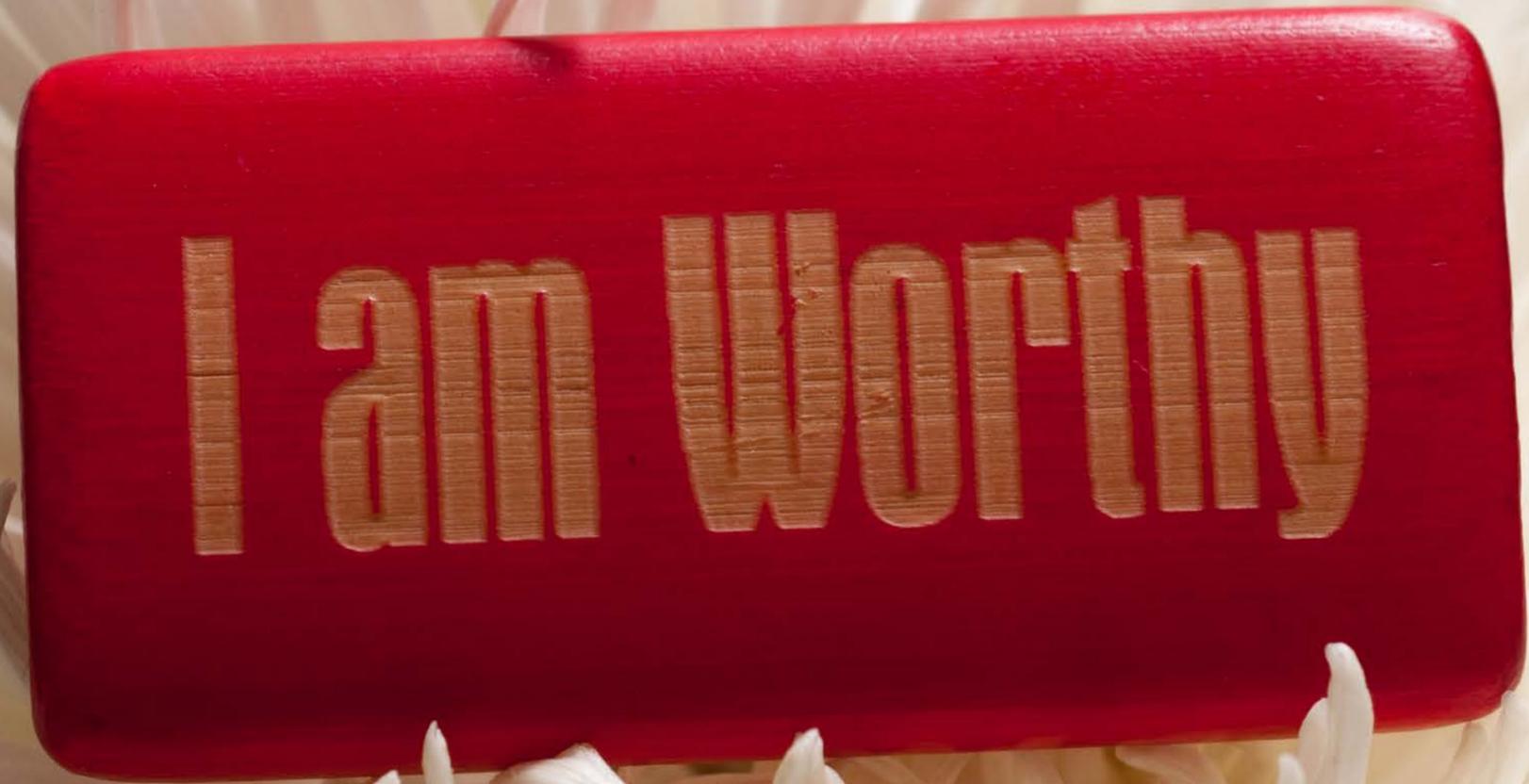
Gratitude Guided Imagery





A framed sign with the text "I AM ENOUGH" is mounted on a light-colored wooden wall. To the left of the sign is a white, modern-style vase containing several wooden spheres on thin sticks. The sign has a light-colored background and a thin wooden frame. The text is centered and reads "I AM ENOUGH" in a serif font.

I
AM
ENOUGH



I am worthy

I am
creative.





I am
living
my full
potential





Make note of your feelings right now. What was it like to focus on your gratitude for yourself?



8 Strategies
to Find
Gratitude



1. Meditation & Mindfulness

- Daily quiet and solitude.
- Appreciating yourself gets gratitude rolling! Create a list of things you like about yourself.
- Be fully present in whatever you are doing.



WINTER



2. Making Art & Writing

- Visual or expressive art is an ideal means of showing gratitude.
- Write down one thing you are grateful for each day - can be in your journal, planner or even a scrap of paper.
- Dance your gratitude for your body.
- The act of art making or writing is affirming your gratitude.

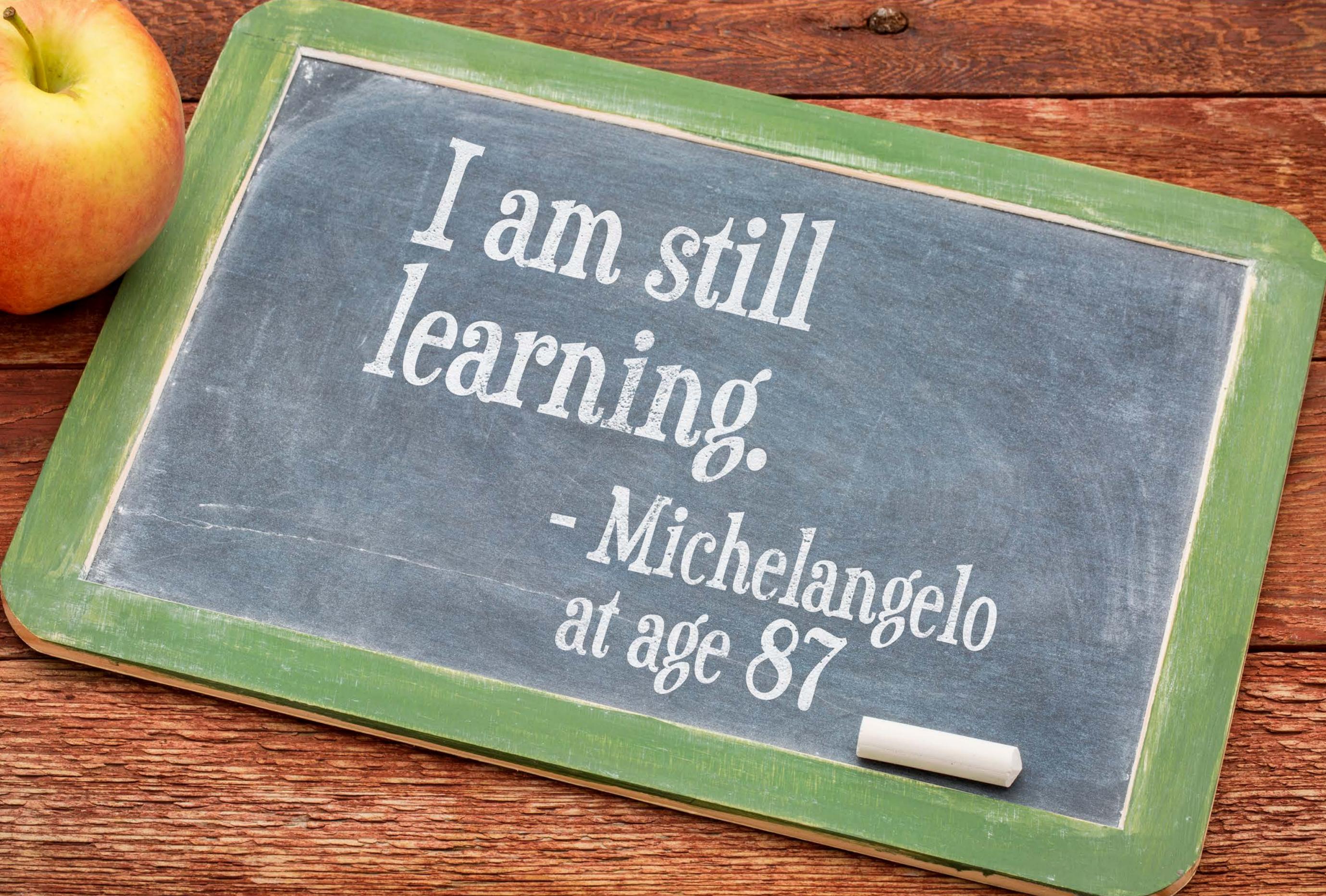
Who am I?





3. Learning from Mistakes

- Stop rumination about the past & learn to use it.
- Reflect on what did not go well and tell the story of what you learned.
- Practice on small mistakes or losses.
- Consider each loss, mistake or pain as "pure gold" from which you can learn.

A green chalkboard with a quote by Michelangelo and a piece of white chalk. The chalkboard is placed on a wooden surface. A red and yellow apple is visible in the top left corner.

*I am still
learning.*

*- Michelangelo
at age 87*

**I AM
LIVING MY
DREAM**



4. Managing your Input

- Media breaks.
- News breaks.
- Breaks from negative friends/family.
- Breaks from violent or negative "entertainment" (movies, TV, etc.).



I am
improving
each day.





5. Take Perspective

- Recognize your feelings will change.
- Observe your thoughts and feelings.
- Try narrating your experience. Just naming your feelings is acceptance.
- Recalibrate thoughts from negative to just noticing.

I am
the
success
story





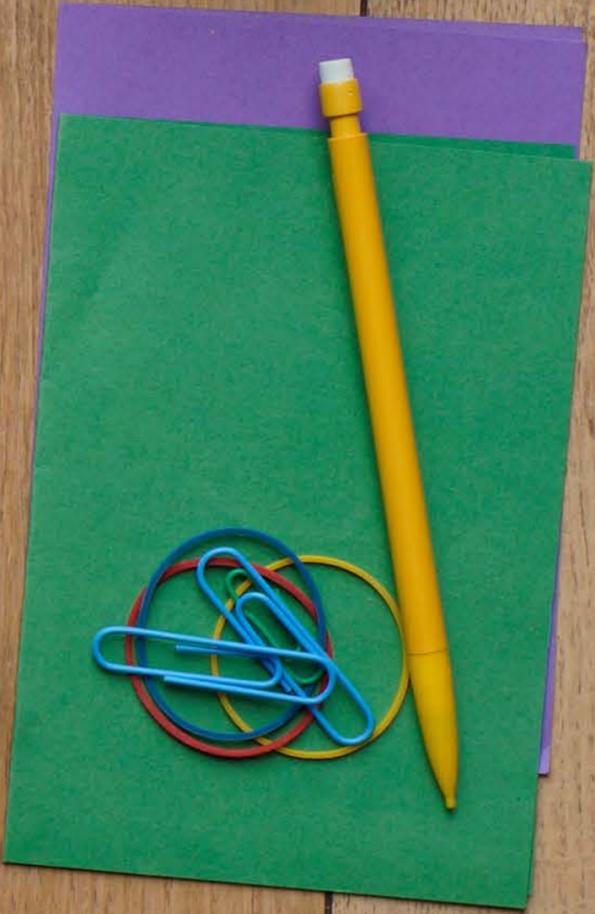
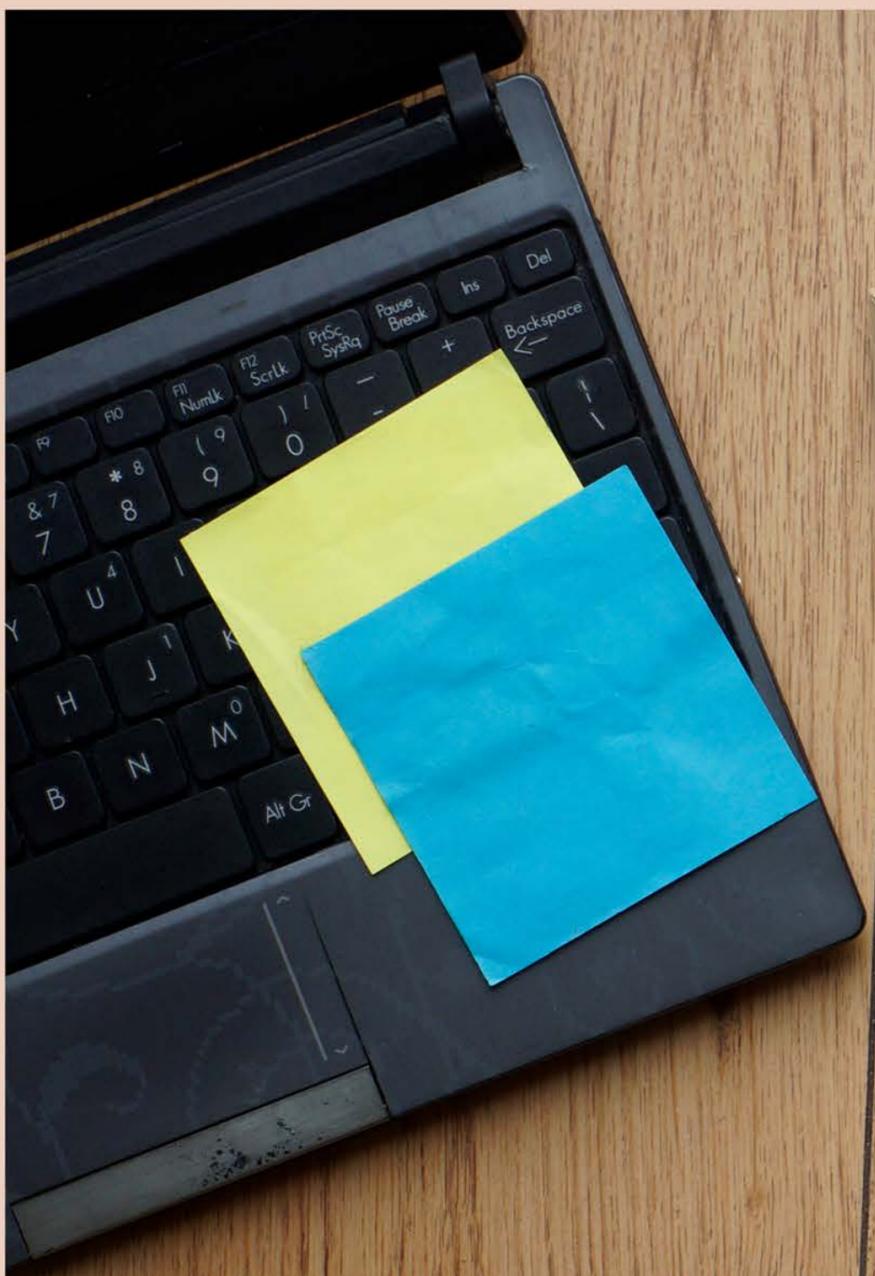
6. Surround Yourself with Positive People

- Find loving & supportive people.
- Join groups, reach out to people you admire.
- Find time for people you appreciate - schedule time this week to talk to or see someone who is positive.



Who are you talking to about gratitude
this week?

Put your answers in the chat.



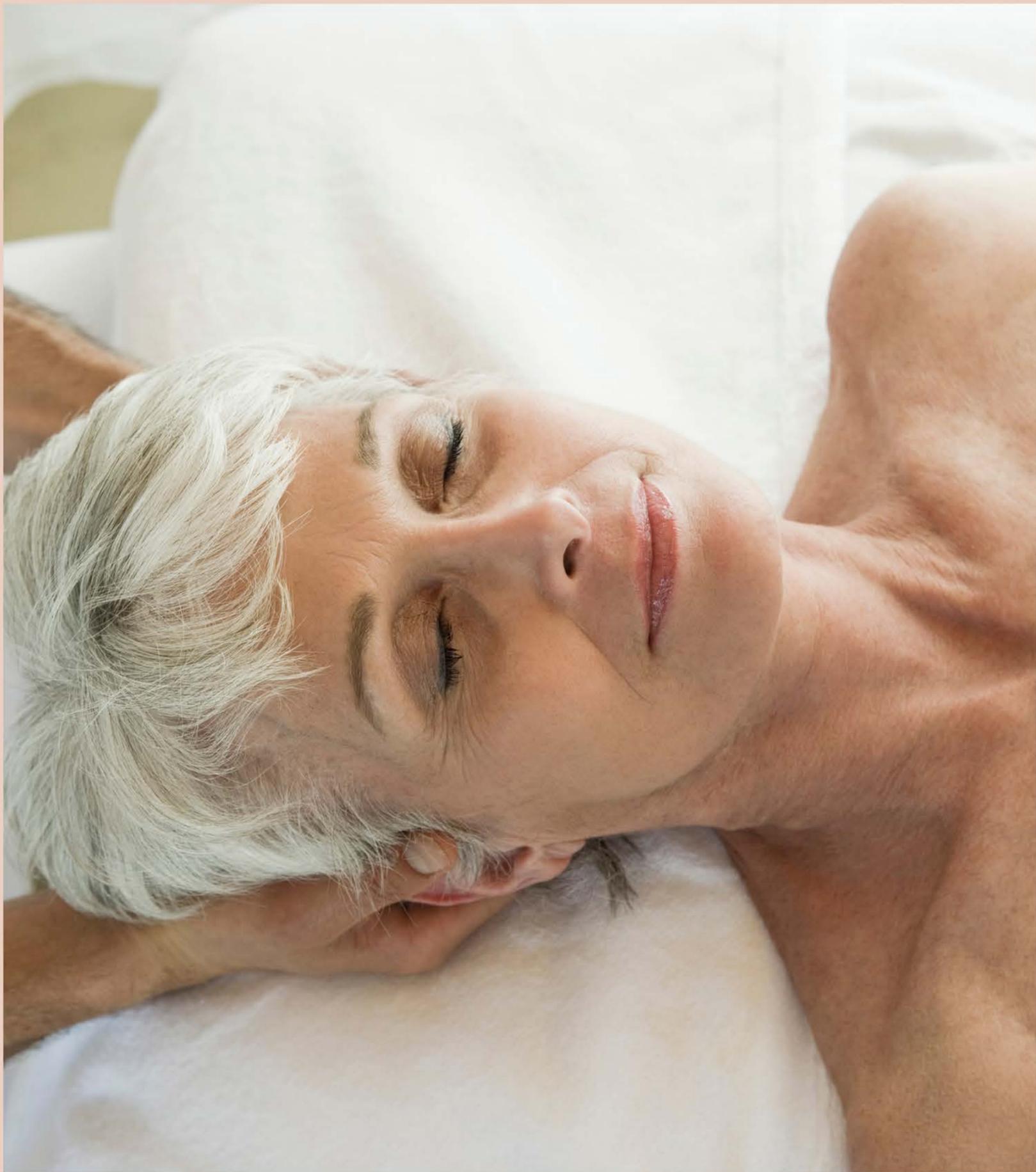


7. Let go of Judgement

- Judgement is a habit. It's time to change it!
- Just notice instead of judging others or yourself.
- Practice good gossip for a week.
- Add the word "yet" when you make a judgement.

I am working
on myself
for myself
by myself





8. Self Appreciation

- **Massage.**
- **Mani/pedi.**
- **Facial.**
- **Dress in clothes which make you feel good,**
- **Buy new socks and under garments.**

I am
good enough!



- 1 . M e d i t a t i o n
- 2 . W r i t i n g & A r t
- 3 . L e a r n f r o m M i s t a k e s
- 4 . M a n a g e y o u r I n p u t
- 5 . T a k e P e r s p e c t i v e
- 6 . F i n d P o s i t i v e P e o p l e
- 7 . L e t g o o f J u d g e m e n t
- 8 . S e l f A p p r e c i a t i o n





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!

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Committed Action



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

**A Note of
Gratitude**

2

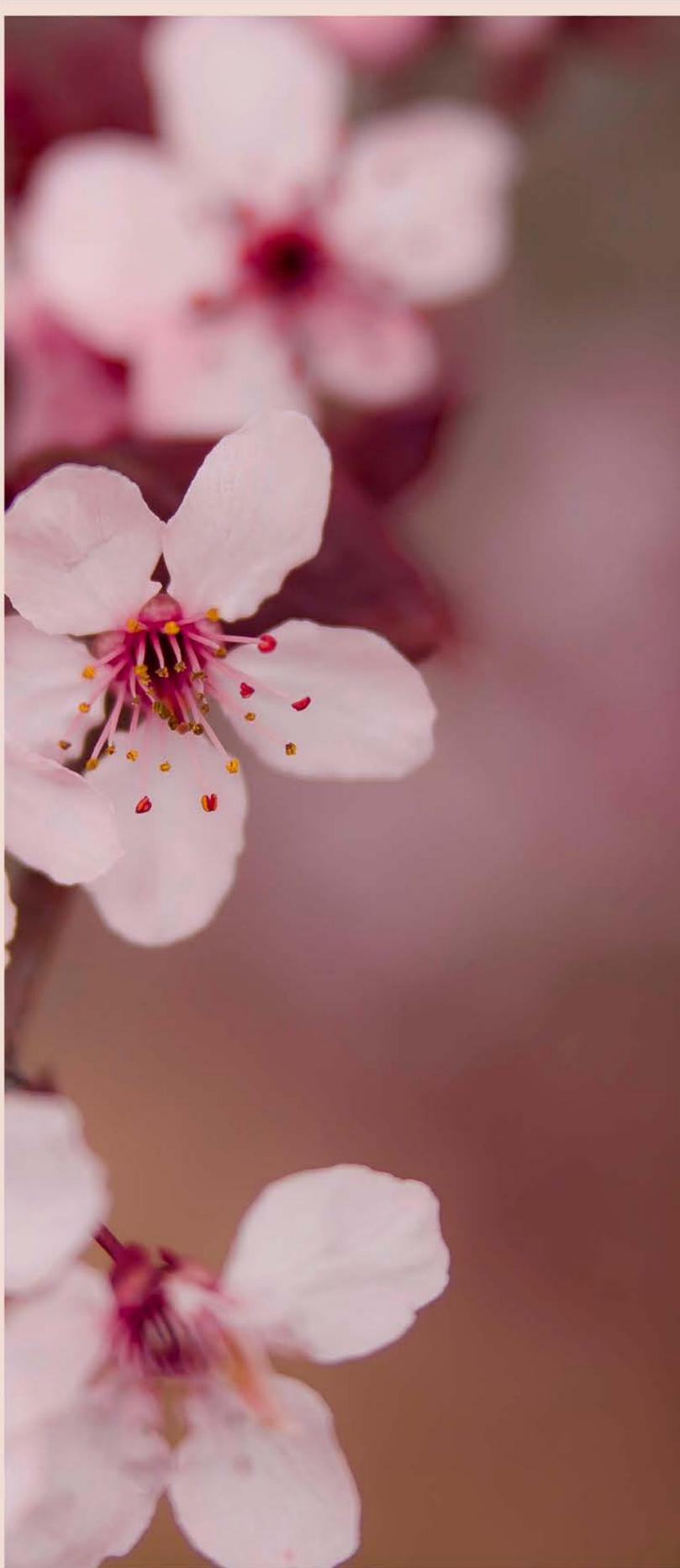
**A Moment
of Gratitude**

3

**Outside-in
Gratitude**

4

**Creative
Expression
& Reflection**



A Note of Gratitude

- Who in your life deserves your gratitude?
- Hand write a letter or card to this person. Mail or deliver.
- Savor the feeling of giving thanks to this person.



Cultivating a Moment of Gratitude

- Review the breathing exercise in your workbook.
- Record yourself reading it slowly to yourself and listen to it at least once a day for the whole week.
- Observe thoughts when your mind tries to "resist" doing this. (I don't like my voice, etc.)
- Practice gratitude for your voice, ability to read, etc.

The Outside-In of Gratitude

- Focus on something that is good in your life (past or present) and describe it in words.
- Make a list of all people, places, and things which contributed to it.
- Example: Gratitude for my education: family, school, teachers, student loan, classmates, supervisors, time, focus, etc.





Art & Reflection

- Create a piece of art using lines, shapes and colors about gratitude.
- Create an image of you/your mind filled with gratitude.
- Try collage materials.
- 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 2

Read and complete Week 2 exercises and complete worksheets.



Looking for More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

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Thank you!



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