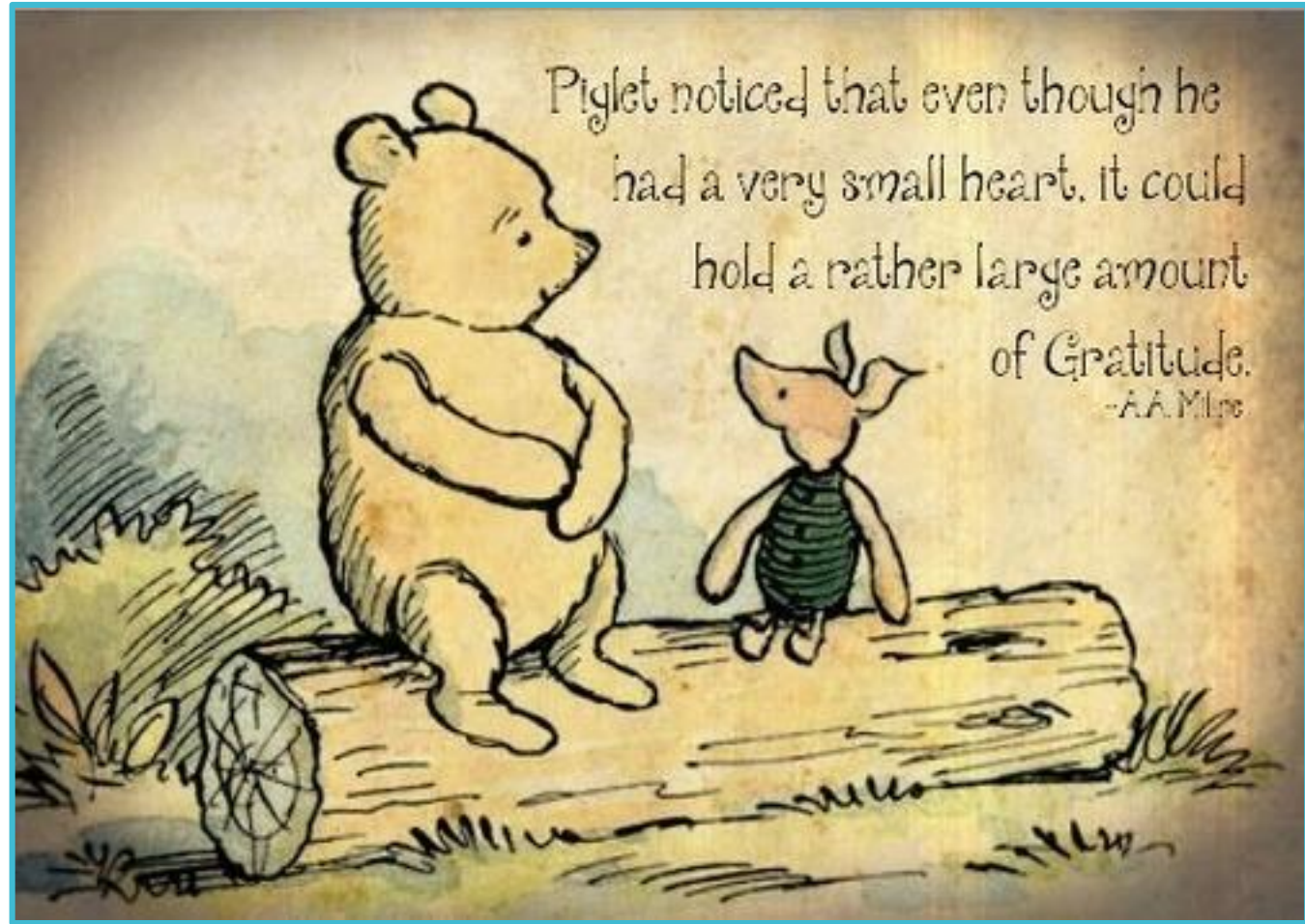


GRATITUDE

The People Project Tool #2



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Things LCSC staff are grateful for:

- My husband had a clean bill of health from his cancer doctor last week! He is now 5 years clean. Huge bench mark!
- Extended family who made the trip to attend the twin's confirmation.
- My family for all of their support and help over the last week.
- My two grandmas - alive at 99 and 100 this year!
- The kids at our LCA.
- My kids and I went through our "3 good things" over supper.
- Good health report!
- Freedom that we have in our great country.
- Time outside in the sunshine with my family.

GRATITUDE

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Things LCSC staff are grateful for:

- The opportunity to reflect on all that I am grateful for with this LCSC activity. I am grateful for an agency that embraces this mindset. This has truly reminded me to see all that I have done to be grateful and continue to do as well as what I want to do to show my gratefulness for others in my life. It has also inspired me to want to spark others gratefulness!
- Teacher assistant: she balances her incredible loving knowledge and ambition with a willingness to accept guidance and draw from our strengths as a team. She lifts my spirit and inspires me to be the teacher I every day strive to be.
- The resilience I share with my parents and siblings. When I feel weak, they remind me that I am strong ***for*** them, which elicits the joy in celebrating our circle of respect, faith, and love that will be, always.
- I created a calendar for sending out notes/gifts of gratitude to my staff/coworkers for their hard work and appreciating them for their dedication and commitment to children and families.
- I made a gratitude jar for our home – to celebrate gratitude at home more intentionally. (It had conversational starters to get the “teens” talking and reminded everyone just how many areas in our lives there are to be grateful for.)