

Attitude of Gratitude

PURPOSE: To become aware of all the blessings in our lives; and to create a visual reminder of those blessings.

PRINCIPLE: “An attitude of gratitude is most salutary, and bespeaks the realization that we are now in heaven.”
- *The Science of Mind*, p. 497

MATERIALS: collage materials (magazines, Creative Thought magazines, colored paper, etc.), scissors, glue, composition books

PROCEDURES:

1. Open with a treatment. Focus: I am thankful for all the blessings in my life.
2. Pass out composition books. Inform the group we will be making “Gratitude Journals”.
3. Each person is to write 30 things they are thankful for in their lives. Encourage them to be specific.
4. One person in the group then reads 10 of the things they are thankful for. The next person then reads 10 things they are thankful for, but they cannot say any of the things the other person says. Each person in the group takes a turn saying 10 new blessings. Everyone is encouraged to be really specific in their blessings (i.e., instead of saying “I’m thankful for my family”, say “I’m thankful for my mom driving me to school”). As everyone in the group is taking a turn, others can add blessings they like to their journals.
5. Collage materials are passed out, and everyone is asked to collage the cover of the journal with ideas of gratitude and/or things they are thankful for.
6. Once they are finished, they are to share their collages with the group. A discussion then occurs about any new insights about gratitude and being grateful for all the “little” things.

7. Everyone then shares about how they can incorporate their gratitude journals into their daily practice (e.g., writing every day, tearing off the cover and putting it on their wall, daily contemplation of their blessings, etc.)
8. Close with an appreciation circle.

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