

# NOVEMBER 10TH FOR STAFF

## STRATEGY:

Gratitude is the act of noticing and appreciating all the good things in your life. [Why Gratitude is Good](#)

## OPTIONAL IDEAS:

1. Keep a journal and add three things a night to a Gratitude List. What are you thankful for? Look for small and big things that bring you peace and joy. You could also write an idea on a slip of paper and place it in a gratitude jar. Try writing three ideas a night for 28 days (enough to form a habit!). After 28 days of practice, pull out ideas each night as a reminder of special moments in your life.
2. Try a [Gratitude Meditation](#) from Headspace.
3. If your students write gratitude notes, join in :). Who are you grateful for in your life? Write them a note of thanks-it can be short and sweet. Getting mail is a rush!
4. Come to the conference room to fill your mug with coffee, hot chocolate or tea. BYO-M (mug)! Enjoy the music and time together. Stay in the moment and drink slowly! I am grateful for **each of you**.