

Mindful Monday
November 9, 2020

As we continue our discussion of gratitude, we would like to encourage you to take a 15-day gratitude challenge with us. For the next 15 days, we would like you to join us in being grateful for people who have influenced your life, situations that worked in your favor, and things you have been given. During this season of giving we want to be mindful of how often we give and how much we are grateful for. Teaching our children to be grateful is a characteristic that will help build them into caring individuals; people who do not take things or people for granted. While so much of what we are experiencing due to Covid is out of our control, the things we are in control of and have been blessed with are numerous. We all have someone or something to be grateful for.

gratitude

Here is the challenge:

- A person I'm glad to have in my life
- My favorite part of the morning
- An accomplishment I'm proud of
- The biggest gift in my life right now
- A memory that makes me smile
- My favorite part of the evening
- One good thing that happened today
- Something I love about a family member
- A challenge I'm grateful for
- A compliment that made me feel good
- My favorite thing in nature
- Something that made me laugh today
- A future event I'm excited for
- A book that I loved reading
- Something I find comfort in

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