



Florida Fishing Academy Gratitude 6-8

Thankful: expressing gratitude and relief, feeling or showing thanks.

Grateful: feeling or showing an appreciation of kindness; thankful.

Gratitude: appreciation of the benefits we receive from others and the desire to reciprocate.

Mother's Day is a day in which we celebrate and express respect, honor, love and gratitude to the women in our lives. This may be a Mother, Step Mother, Grandmother, Teacher, Mentor or more.

I want you to think about one women in your life who has made your life better.

Close your eyes, and take five deep, slow breaths, in and out. Bring to mind an image of the women you have in mind. Hold that image while breathing deeply...try to feel what it actually feels like being in the presence of that person. Focus on the feeling of gratitude you have for this person while you take five more deep breaths, in and out. Now, slowly open your eyes and bring your focus back into the room.

- What did this person do that makes you feel grateful?
- Why did this person do these things? What was the intention behind this person's actions?
- What was the cost of these actions for the person you reached?

“Cost” is not always monetary. Cost can be associated with what this person might have given, sacrificed, or lost in order to do the things she did for you. Think of costs not only in terms of money, but also in terms of time spent, physical health or strength required, safety that might have been risked, opportunities that might have been lost, impacts on relationships with family or others, etc.

- How have you benefited from this person’s actions?

I’m Grateful for you:

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