

Welcome

LEARNING TO BE

GRATEFUL



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Opening Verse

Gratitude helps you see what's there instead of what isn't.

"BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP HAVING MORE. IF YOU CONCENTRATE ON WHAT YOU DON'T HAVE, YOU WILL NEVER, EVER HAVE ENOUGH."

– OPRAH WINFREY





wstępny



wers

Wdzieczność pomaga nam zobaczyć co jest zamiast to, czego nie ma.

"BĄDZ WDZIECZNY ZA TO CO MASZ; BĘDZIESZ MIEĆ WIECEJ. JEŚLI BĘDZIESZ SIĘ KONCENTROWAĆ NA TYM, CEGO NIE MASZ, NIGDY NIE BĘDZIESZ MIEĆ WYSTARCZAJĄCO."
- OPRAH WINFREY

gratitude - wdzieczność
instead - zamiast
thankful - wdzieczny
enough - wystarczająco

I'm grateful for
I'm thankful for
I appreciate
I welcome
I enjoy
I love



nature all around



I am thankful for

- this day
- morning sun
- scent of flowers
- fresh air



I appreciate

- cleansing rain
- forest paths
- city parks

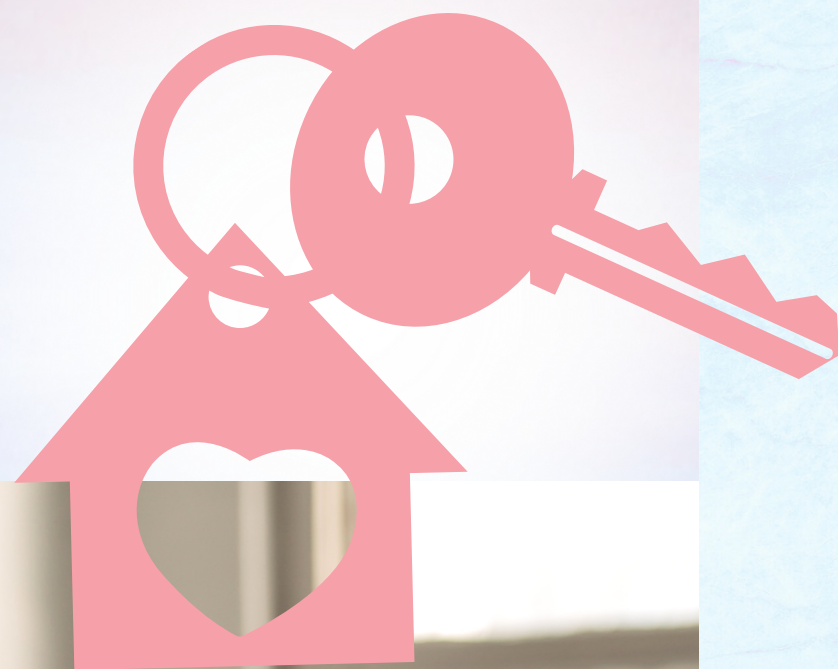


this morning

I am thankful for

- my warm bed
- relaxing sleep
- fresh morning
- morning coffee
- new day, new hopes





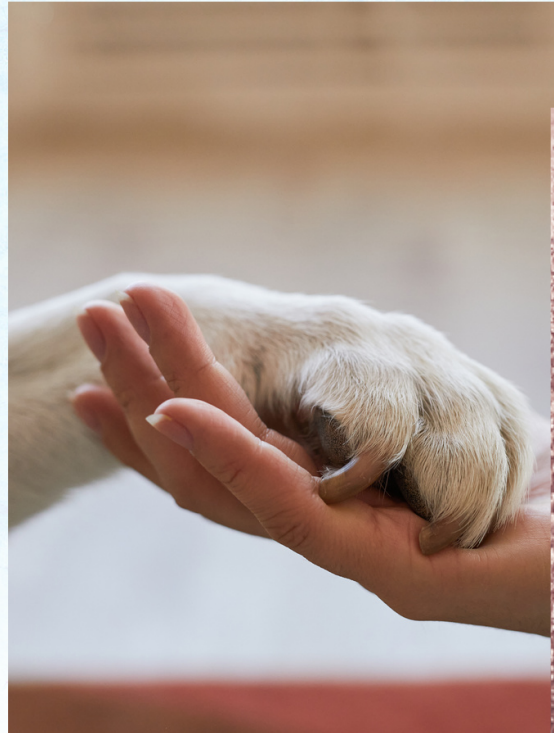
*roof over
my head*



- I appreciate
- my comfy chair/armchair
 - running water
 - live plants
 - full wardrobe



family



I am lucky to have

- my parents
- my kids
- my siblings
- my grandparents
- my friends
- my pets

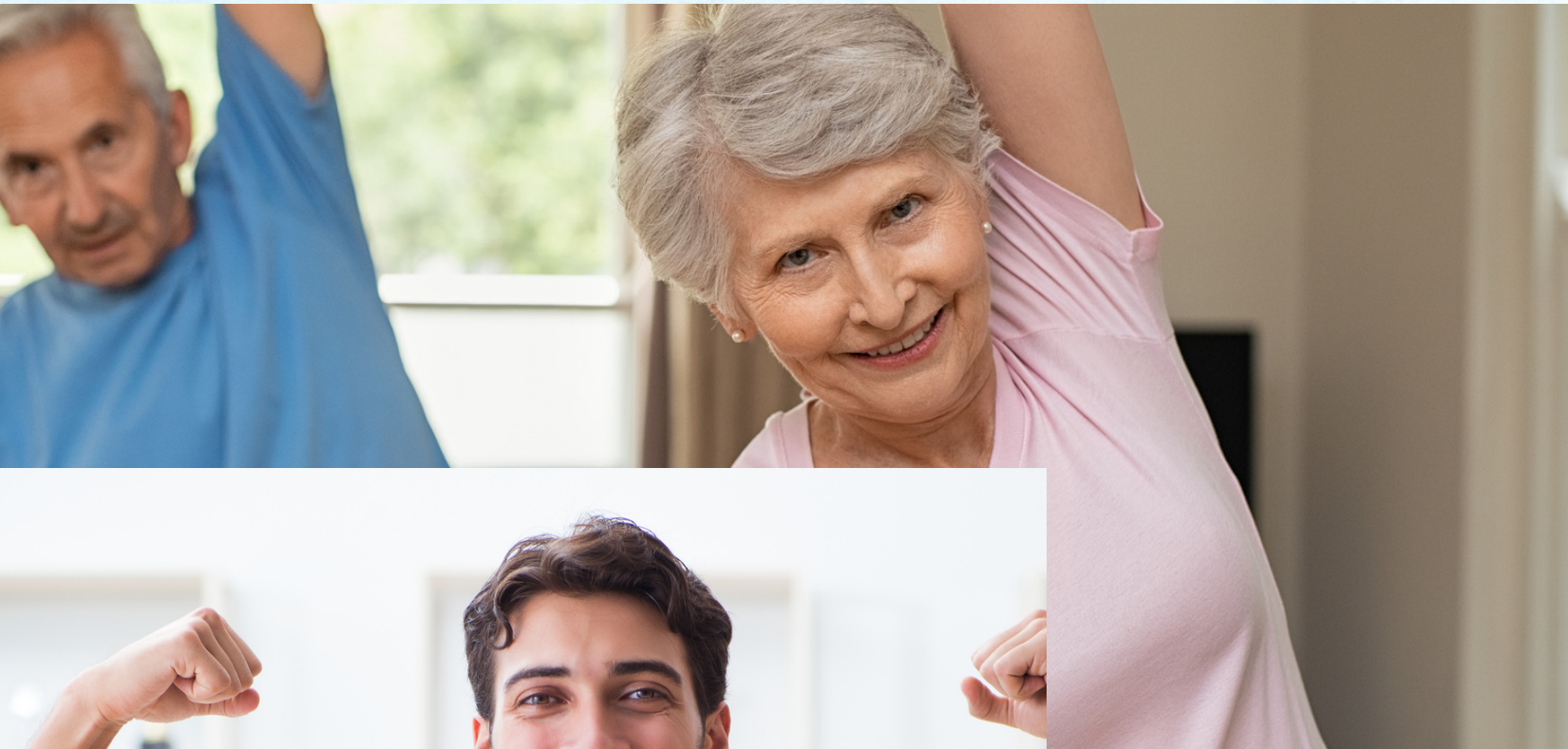


healthy body



I can

- walk my dog
- paint my toenails
- go to work
- drive my car





tasty food

I enjoy

- fresh fruit
- sweet desserts
- delicious dinner
- nutritious sandwich





kindness of strangers

Thank you for

- letting me in queue
- carrying my bag
- passing me this
- kind words
- helping me

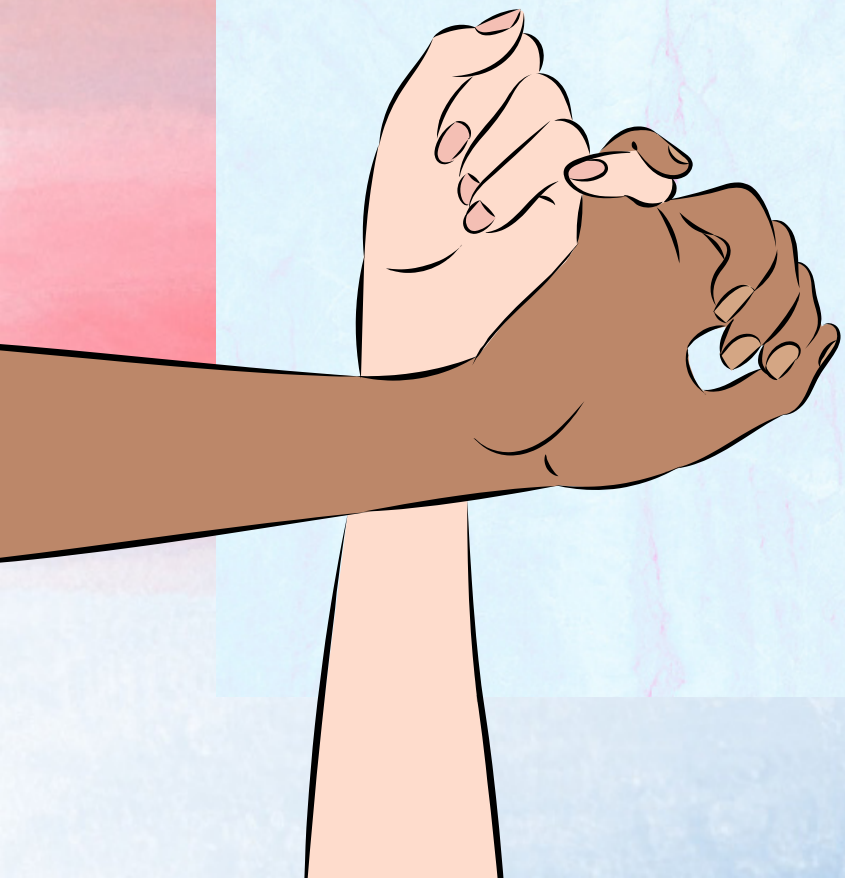


friends around me



I am thankful for

- real friends
- their support
- their company
- common things





time for you

What are you grateful for?

Every day write down some of the things you appreciate.
You think you have nothing to thank for?

So...

imagine you lost your home, relatives, belongings, like
mobile phone or your car.

Then write down: thank you for everything I have.

Don't forget this little things around you, that make your
life easier and more pleasant.



I am thankful for

●

●

●

Thank You



End



THANK YOU

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