



Seva Mandal Education Society's
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)
Department of Psychology
Samvedana Counselling Cell

Greetings!

Today's Activity is on 'I AM GRATEFUL FOR'

We all have so many blessings in our lives and yet sometimes we fail to notice them. We don't recognize them properly, forget them, or simply take them for granted. In reality, these little things have a huge impact on our lives. That's why it is essential to recognize their value.

Appreciating the little things in life means that you focus your attention on what nurtures and sustains you in life. On everything that brings you even the smallest amount of pleasure.

Keeping this in mind, a small activity can be done for this, below are a few prompts for us to list down what we're grateful for. The aim is to bring in more positivity and keeping us in touch with everything that's important in our lives



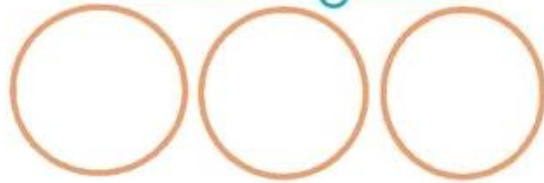
An Initiative by Principal, Dr. Leena Raje

I am Grateful For:

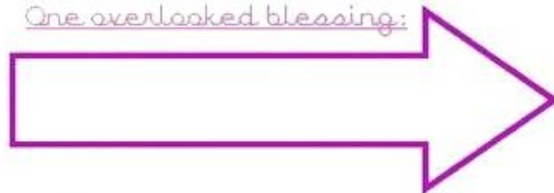
Relationships I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3 Strengths:



One overlooked blessing:



4 Positive things about my Health & Body:

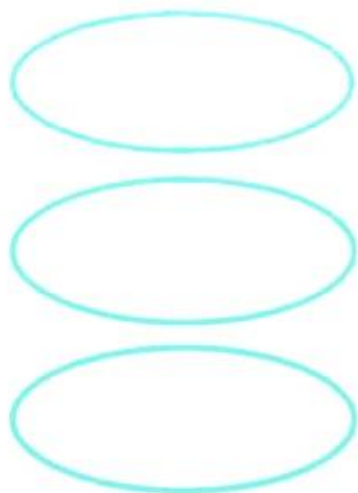
- 1.
- 2.
- 3.
- 4.

People who've helped me:

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

Spiritually I'm grateful for:



Activities I enjoy:

References:

Grateful Journal Sheet: Counseling activities, School social work, Counseling. (n.d.). Retrieved from <https://in.pinterest.com/pin/549298485774961509/>

Thora, K. (n.d.). How to Learn the Art of Appreciating the Little Things in Life. Retrieved from <https://www.skillsyouneed.com/rhubarb/appreciate-little-things.html>