

## Day #15, Activity #15

### Monday Gratitude

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

—Albert Schweitzer, writer, philosopher, physician

As we begin week three of our cloistered lives let's take a moment for gratitude. What do we have to be grateful for? Is there a person in your life to whom you are especially grateful? When we are thankful, we pause to acknowledge how others and other elements of life have enriched us. Gratitude is a form of grace and enriches us. Psychologists remind us that gratitude has positive effects on our happiness and our health in real ways. It affects our emotions, attitudes and relationships.

Today's activity is about documenting this gratitude. It might take the shape of a letter or note or email to that person you are grateful for.

Or

You might write a poem about gratitude. As you write, let your mind drift toward all things inside and outside that you might be grateful for.

Or

You might decide to simply make a list of those people you are grateful for and mention an example next to their names of something they have done that you appreciate.

Or

Maybe it's not just people, but other things you are grateful for such as your neighborhood, your job, fresh air, your refrigerator, your pets. Choose one of these and write a paragraph detailing why you are grateful and how this helps you.

