

GratitudeToday and All Year Long

""Looking behind, I am filled with gratitude. Looking forward, I am filled with vision. Looking upwards, I am filled with strength. Looking within, I discover peace."

traditional Quero Apache Prayer

Gratitude as a parent isn't about pretending everything is fine during a meltdown or ignoring how exhausting raising kids can be—it's about finding small anchors of light amid the daily chaos. It's the intentional choice to pause and notice the tiny, meaningful moments, like a sudden quiet laugh, a warm hug, or a glimpse of your child's growing personality. Practicing gratitude helps shift your focus from the endless to do lists and parental pressure toward the connection and love that make the journey worthwhile, giving you the patience and perspective needed to navigate the hardest days..

Ways to Give Gratitude



- Say thank you and be specific about what you appreciate.
- Write a thank-you note or send a thoughtful message.
- Give someone a compliment.
- Listen fully when someone is sharing with you.
- Offer help when someone needs support.
- Spend quality time with someone you appreciate.
- Give a small thoughtful gift or gesture.
- Pray for or send positive thoughts to someone.
- Tell someone how they have positively impacted your life.

Ways to Receive Gratitude



- Simply say "Thank you" without minimizing the compliment.
- Allow yourself to accept kindness and appreciation.
- Recognize that you are worthy of love and gratitude.
- Pause and truly take in positive words from others.
- Avoid responding with, "It was nothing" or "I didn't" do much.
- Reflect on what the person's appreciation means to you.
- Receive compliments with an open heart.
- Practice saying: "Thank you. That means a lot to me."

CHALLENGE YOURSELF

November Gratitude Challenge

Transform your November with a simple, intentional practice of gratitude. Take a few quiet moments to appreciate the people, memories, and blessings around you.

Express gratitude by sending a thoughtful thank-you note, speaking kind words, performing random acts of kindness, or sharing quality time with someone special. At the end of each day, pause to reflect on what you received. Small, daily moments of appreciation can transform your relationships, your mindset, and your well-being.

If you have any questions, or would like to discuss this further please contact Cyndie Gilliam LMFT TANF Therapist @ 760-330-3913 or cgilliam@sctca.net

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TRIBAL TANF