



**NOVEMBER**

*Pausing to Notice and Appreciate Someone or Something*



Have you ever paused to think about how **someone or something has impacted your life**? Has someone done something for you that made you so happy that a simple “**thank you**” felt inadequate? Having an **attitude of gratitude** helps us to view our circumstances and relationships through **a perspective of appreciation**.

Having gratitude is pausing to notice and appreciate someone or something...**This is the Bearcat Way!!!**

[www.shermanisd.net/thebearcatway](http://www.shermanisd.net/thebearcatway)

## Try This!

Look for opportunities to **write it out**. Gratitude letters can be incredibly beneficial for the person writing them, as well as the recipient.

Look for opportunities to **give a gift**. A thoughtful gift can show how much you appreciate another person. In fact, the most meaningful ones are often homemade.

Look for opportunities to **return a favor**. Think about the specific ways a person has improved your life, and then ask yourself if they might need the same kind of support.

## Reflections

- What have others done in your life that you're grateful for?
- What's something enjoyable you get to experience every day that you've come to take for granted?
- What happened today/yesterday/this week/this month/this year that you're grateful for?
- What relationships are you grateful for?
- What's one thoughtful thing someone did for you recently?