

SELF STEPS

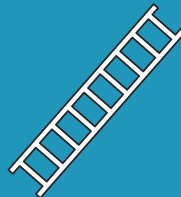
THE JEWISH FAMILY VALUES PROJECT

GRATITUDE הכרת תודה



IDEAS

Gratitude is all about paying attention to details. Don't take them for granted. Psychologist and author Melody Beattie taught that "gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." Indeed, gratitude is the essence of what it means to be a Jew. The word "Judaism" (Yahadut) derives from the name Yehuda, meaning "to give thanks" (Genesis 29:35).



SELF STEPS

- Do you tend to focus more on what others have done for you or to you?
- In the last month, who did you express gratitude towards?
- When are you afraid to be grateful?
- If someone gives you a compliment do you say "Thank You"?
- In what ways do you fail to "give credit where credit is due"? Why?



TABLE TALK

- Say 3 things that you are grateful for today. Say 3 things that you are grateful for always.
- What does gratitude have to do with being joyful?
- What are 5 ways that you can say thank you to another person?
- What is something you have always wanted to be grateful for but have a hard time with?



ACTIONS

- Find 10 opportunities to say thank you this week to someone you don't usually have gratitude towards, and say it.
- Go around the dinner table or with a group of friends and say thank you to each person for something you feel grateful for about them.
- Show your gratitude for what you have by helping others who don't have that.

