



Gratitude & Appreciation

PILLAR

This pillar dives into the heart of gratitude and appreciation, where we actively seek out the goodness that surrounds us, cherish the beauty that life offers, and cultivate a supportive community driven by our shared commitment to view the world with eyes full of appreciation and hearts overflowing with thankfulness. Together, we create a culture that celebrates the positive, acknowledges the beauty in the every day, and fosters an environment of mutual gratitude.

One of the impactful ways we can bring this pillar to life is through the use of affirmations.

GRATITUDE AND APPRECIATION PILLAR



POWERFUL AFFIRMATIONS FOR YOUNG LEARNERS & GROWN-UPS



Gratitude & Appreciation Affirmations for Young Learners

"I am thankful for today."

Teaches gratitude for each new day.

"I love sharing smiles."

Promotes the joy of sharing happiness with others.

"Hugs make my heart happy."

Highlights the warmth of physical affection and gratitude for loved ones.

5 Steps to feel the magic!

Stand Tall.

Say Your Magic Words.

Move Your Body.

Use Your Imagination.

Feel the Magic!



[WATCH THE VIDEO](https://bit.ly/3DayChallengePowerfulAffirmations)
<https://bit.ly/3DayChallengePowerfulAffirmations>

Gratitude & Appreciation Affirmations for Grown-Ups

"I cherish every moment with my child, recognizing the beauty in our everyday life together."

"I am grateful for the opportunity to guide and learn from my child."

"I lead by example, showing gratitude in my actions and words."





3 Day Powerful Affirmation Challenge

- Instructions:
1. Print the "3 Day Gratitude Challenge" and stick it on your favorite mirror.
 2. Repeat the affirmations with your child.
 3. Color your jars with a marker.
 4. Have fun!

Young learner's name:

Grown-up's name:

"I am thankful for today"





A drawing of my grown-up & me!

"I cherish every moment with my child, recognizing the beauty in our everyday life together"



"I love sharing smiles"





SCAN ME 

"I am grateful for the opportunity to guide and learn from my child"



"Hugs make my heart happy"




"I lead by example, showing gratitude in my actions and words"

