**Name: Katie Prescott Date: 11/15/18**

**Gratitude Project Part 1:** For the next 7 days, record what you are thankful for using this form. Submit an electronic version of this form, along with your one page response to CANVAS by Thursday, November 15 at 5:00 PM.

**Day of the week (Mon 11/5)**

Today, I am grateful for:

1. Having a job on campus.

2. Getting my weekly call from my sister when she is walking home from class Monday nights.

3. That my brother has finished his desert buggy races safely every time he races.

4. The time change – It makes for great pictures at home of my dogs being confused about dinnertime, and I got an extra hour of sleep last night.

5. That I don’t have class on Mondays, so when I finish work, I can go home.

**Day of the week (Tues 11/6)**

Today, I am grateful for:

1. Grateful that my homework was not as challenging as I expected so I finished it quickly.

2. That I live on the top floor of an apartment building with no elevator – built in cardio every time I go home.

3. Having a flexible schedule that I can work, while still being able to succeed in my classes.

4. That Ashley lets me occasionally do laundry at her apartment for things that need to be dried, because I don’t have a dryer at my apartment.

5. My phone, because it helps me easily talk to my family whenever I want.

**Day of the week (Wed 11/7)**

Today, I am grateful for:

1. Being able to still be involved with the swim team

2. Bagels on the Hudson. Best bagel sandwiches ever.

3. That I am a part of Active Minds, a mental health advocacy club on campus, and that we do de-stressing activities at our meetings.

4. Netflix, so I can binge watch all my favorite shows easily without commercials.

5. Glad that I was able to work a summer internship so that I do not have to worry about rent each month.

**Day of the week (Thurs 11/8)**

Today, I am grateful for:

1. The coaches’ ability to push me out of my comfort zone to workout harder.

2. Happy that I was able keep some of my gym clothes here so that I can spontaneously join the other coaches in their swim workout.

3. Getting pictures of my dogs from my mom, they’re always doing something silly that makes me happy to see them.

4. Buddy, my friend Ashley’s dog.

5. That my sister and I are going to Disneyland when I get home.

**Day of the week (Fri 11/9)**

Today, I am grateful for:

1. Being able to walk 3 great dogs that are always excited to se me.

2. I was able to stay inside while it rained all day.

3. Coffee. Coffee is the breath of life on long days

4. Not having class on Fridays, and getting to lay in bed (if I so choose) all day after work.

5. My mom buying me face wash before I get home, so I don’t have to check a bag to bring some home for Thanksgiving break.

**Day of the week (Sat 11/10)**

Today, I am grateful for:

1. My sister making it home safe from fires in Northern California. Also I am jealous that she gets an extra week for Thanksgiving.

2. All the fire fighters in California working so hard to put out the wild fires throughout the state.

3. My friend Nicole, who is referring me for an internship at Amazon.

4. That my family supports me even when they are across the country.

5. Thankful it was not too cold out so I could have a pleasant walk to work.

**Day of the week (Sun 11/11)**

Today, I am grateful for:

1. My friend Ashley, letting me complete my homework at her apartment.

2. I can manage my time well enough to hang out with my friends without falling behind in school.

3. Gluten free baking things so that I can still bake with my friends that have allergies.

4. Being able to see my dogs while video chatting with my family.

5. That I only have 5 days before I go home for Thanksgiving!

Now that you have completed this activity, please write a one-page (double spaced) response addressing the following questions:

1. Did keeping a record of things you are grateful have any impact on you?

2. If so, can you tell me what the impact was?

3. If not, are there any other comments you want to make about the exercise?

Please make sure your responses are thoughtful and constructive.

**Response:**

Initially, I thought this assignment would be really difficult, because it needed to be at least 4 distinct things I haven’t said yet. I thought that by the time I got to the last day, I would have run out of different things to be grateful for. I found that even though some were more difficult to think of than others, you never really know what’s going to happen in your life that you will be grateful for. I never could have predicted that there would be a wild fire less than 15 miles from my sisters school that would cause her to have to evacuate. There is no way to know that 3 wild fires would spring up in California in a matter of days. It just goes to show that you never know what you will be grateful for each day.

I think what is so amazing about this project is it helps you think about the good things in your life, and what you have that makes you happy. We are living in a time where everyone focuses on the bad in their lives, that sometimes we become blind to the good, and this project helps us focus on the brighter aspects of our lives. I think what’s great about this project too is the proximity to Thanksgiving. It helps us put a new perspective to what we are grateful for before the holidays.