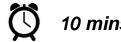


- Take a piece of paper. In the middle draw a diagram similar to what you see
- Make sure there is enough room around the diagram
- ज्ञान और कौशल प्राप्त करने में योगदान दिया
- वे सभी लोग जिन्होंने आपके अस्तित्व, विकास और उत्कृष्टता में योगदान दिया
- जिन्होंने प्रत्यक्ष या अप्रत्यक्ष रूप से योगदान दिया
- Push yourself, make it exhaustive, remember to add indirect contributions





#### Take a piece of paper; create the table below





10 mins

	<u>All</u> the things I have received/receiving from मुझे जो भी चीजें मिली हैं	
Family		
Society		
Nature		

Take a piece of paper; create the table below Write down all the things you have received

Push yourself, make it exhaustive

# 10 mins

## **All** the things I have received/receiving from मुझे जो भी चीजें मिली हैं





Society

**Nature** 





Birth, protection, guidance . . .

10 mins

Write down all the things you have received

Take a piece of paper; create the table below

- from nature and society
- Push yourself, make it exhaustive

## **All** the things I have received/receiving from

Society

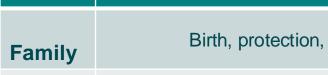
**Nature** 





Education, law & order, roads, internet . . . .

. .



**Nature** 

10 mins

#### Take a piece of paper; create the table below Write down all the things you have received from nature, society and family Push yourself, make it exhaustive

## **All** the things I have received/receiving from मुझे जो भी चीजें मिली हैं

Birth, protection, guidance . . .

Education, law & order, roads, internet . . . .

**Family** Society

. Air, water, light, food . . . .



- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

	hings I have contributed to जिनमें मैंने योगदान दिया है
--	--

Birth, protection, guidance . . . **Family** 

Protection, care, guidance . . .

Society Education, law & order, roads, internet . . . .

**Nature** . Air, water, light, food . . . .



**Nature** 

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family
- Push yourself, make it exhaustive

All the things I have received/receiving from मुझे जो भी चीजें मिली हैं	All the things I have contributed to सभी चीजें जिनमें मैंने योगदान दिया है
---	--

**Family** Protection, care, guidance . . . Society Education, law & order, roads, internet . . . . Humanitarian help, educating others . . .

Birth, protection, guidance . . .

. Air, water, light, food . . . .



Society

**Nature** 

- Take a piece of paper; create the table below
- Write down all the things you have received, or contributed to nature, society and family

Q 10	10 mins		Push yours	Push yourself, make it exhaustive	
	ΔΙΙ	,		<b>A</b> II.,	

#### **All** the things I have contributed to All the things I have received/receiving from सभी चीजें जिनमें मैंने योगदान दिया है मुझे जो भी चीजें मिली हैं

Education, law & order, roads, internet . . . .

. Air. water. light. food . . . .

Humanitarian help, educating others . . .

Birth, protection, guidance . . . Protection, care, guidance . . . **Family** 

- Think of someone who contributed significantly in your life
- ; think of what that person has done for you
- Write at least five statements; Why are you grateful for that person
- What all the benefits you received from that person

- Bring that person to mind; as if standing in front of you
- Tell this person, all that you are feeling for them right now
- If possible, say it out loud



Sit for a minute in silence to absorb what your body is telling you

Type your insights and feelings in the chat box



#### Gratitude is...

जिन्होंने मेरी जीविका विकास श्रेष्ठता के लिए प्रयास किया उनके प्रति भाव।

Feeling for those who have made effort for my survival, development excellence



#### **Gratitude is...**

-Noticed (सिर)



–Felt and Appreciated (दिल)

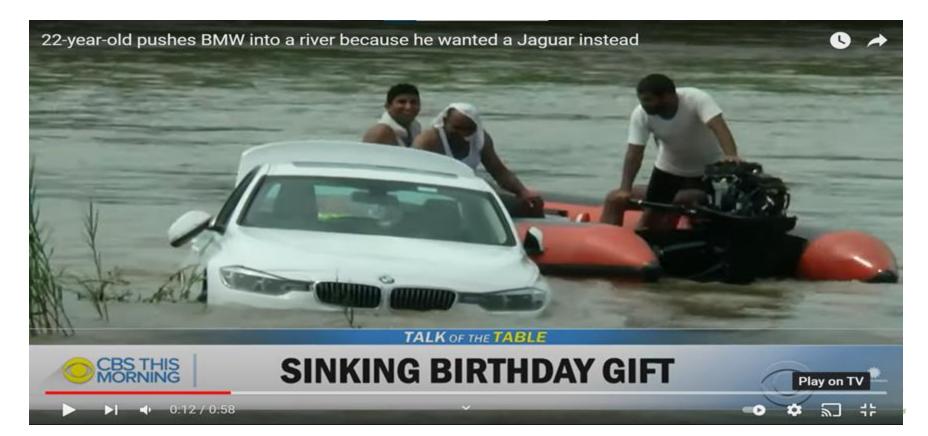


–Acknowledged through expression (हाथ)





## So why does this not happen so easily? तो यह इतनी आसानी से क्यों नहीं होता?



### So why does this not happen so easily ? तो यह इतनी आसानी से क्यों नहीं होता?

- We experience so many gifts from around us, yet we fail to see this
  - —We are so busy
  - —We focus on the negative
  - —We tend to compare
  - —Illusion of independence & selfsufficiency
  - —Our expectations from others

