

Exercise 1



- 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



10 mins

Exercise 2

- 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		

Exercise 2



10 mins

- Take a piece of paper; create the table below
- Write down all the things you have received
Push yourself, make it exhaustive

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

Exercise 2



10 mins

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

	<u>All</u> the things I have received/receiving from मुझे जो भी चीजें मिली हैं	
Family	Birth, protection, guidance . . .	
Society	Education, law & order, roads, internet	
Nature	. .	

Exercise 2



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

	<u>All</u> the things I have received/receiving from मुझे जो भी चीजें मिली हैं	
Family	Birth, protection, guidance . . .	
Society	Education, law & order, roads, internet	
Nature	. Air, water, light, food	

Exercise 2



10 mins

- 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

	<u>All</u> the things I have received/receiving from मुझे जो भी चीजें मिली हैं	<u>All</u> the things I have contributed to सभी चीजें जिनमें मैंने योगदान दिया है
Family	Birth, protection, guidance . . .	Protection, care, guidance . . .
Society	Education, law & order, roads, internet	
Nature	. Air, water, light, food	

Exercise 2




10 mins

- 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

	<u>All</u> the things I have received/receiving from मुझे जो भी चीजें मिली हैं	<u>All</u> the things I have contributed to सभी चीजें जिनमें मैंने योगदान दिया है
Family	Birth, protection, guidance . . .	Protection, care, guidance . . .
Society	Education, law & order, roads, internet	Humanitarian help, educating others . . .
Nature	. Air, water, light, food	



Exercise 2



 10 mins

- 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

	<u>All</u> the things I have received/receiving from मुझे जो भी चीजें मिली हैं	<u>All</u> the things I have contributed to सभी चीजें जिनमें मैंने योगदान दिया है
Family	Birth, protection, guidance . . .	Protection, care, guidance . . .
Society	Education, law & order, roads, internet	Humanitarian help, educating others . . .
Nature	Air, water, light, food	Planted, protected, conserved, etc.

Exercise 3

- 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



10 mins

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?

22-year-old pushes BMW into a river because he wanted a Jaguar instead



TALK OF THE TABLE



SINKING BIRTHDAY GIFT

Play on TV

0:12 / 0:58

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 & self-sufficiency
 - Our expectations from others

