

# KMM SESSION - Gratitude

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## **PART ONE**

How can we get the most out of life?

What are the tools needed to succeed in life?

Take the life story of any human being today. The most predominant thing that one aspires for is stability, good job, a loving family and having a good home.

### **EXAMPLE**

Let us imagine that we have a dream to own a good home. We start off with the dream of owning a one BHK flat. We went ahead and achieved this. Does this stop here? No. Now that we have a one BHK we start to aspire for a Two BHK. We take efforts and get that too. Does it stop now? No. People always desire for progress. In this journey of progress we have now reached and now we own a nice bungalow in a nice locality. We have a great life great career everything is awesome. Does this aspiration for progress finally stop here? Well definitely NO. How does one know one has reached. Where does the pursuit of progress stop?

## **PART TWO**

Life story of well known legendary Wimbledon player by the name of Arthur Ashe\*

**Now that we have understood the importance of gratitude let's see how gratitude is useful in life.**

- Gratitude helps me remain grounded.
- Gratitude helps me focus on triumphs and not failures.
- Gratitude destroys ego and misery.
- Gratitude brings joy, calmness and peace in life.
- Gratitude helps me forgive people faster.

## **PART THREE**

Equation of life which says: "90 % + 10 % = 90 % + 10 % ."

In our lives when we look we will always find that 90 % of things are great while only 10 % are the challenges. The moment we overcome this 10 % there will always be 10 % new that come.

When I have gratitude in my heart I know life is always going to be 90% + 10 % . In the event of failure I focus on what's good in my life that's 90 % and when I am having success and achievements with gratitude in my heart I recognize the presence of efforts and works of so many people in my life that have helped me in my success meaning I am being grateful to them .

**Gratitude can be said to equal to Great + Attitude.**

Having an attitude makes human beings apart from all the living things. With Optimism, curiosity, enthusiasm, self discipline and grit I can achieve things, I can solve the equations of my life on the other hand gratitude helps me develop acceptance. Throughout our life we strive for knowledge attitudes and skills. All these are about ambitions and the world outside while gratitude is about joy, content, peace and completeness and is about the world inside. Carrying gratitude means will own the responsibilities of my life. It means I cannot blame anyone in life. I cannot blame teacher, parents, school, environment anything. No blame I have to be responsible for my life. I often say a prayer which I had read somewhere.

## **PART FOUR**

### **TOOLS**

- 1) **Use Gratitude Prompts** - Look around for places people or things that prompt you to appreciate. For example if you see a fire truck or a ambulance halt your thoughts and say thank you to all the men and women who are there to take care of the sick and the hurting. If you see a school bus thank all the children across the world who have the opportunity to study in a school. In this process we will develop appreciation.
- 2) **Get Crafty** – Create a book of gratitude. Cut out images of nature from magazines news paper. Include quotes and prayers that you have read and are inspired with. Write a note of gratitude in this book for anything that you feel grateful for. In this process when we later will go through the pages of this book we will often realize actually there are so many things in life that remind us to be grateful.

## ACTIVITY

Let us all take a moment and write a letter of appreciation to anyone in school. The appreciation has to be specific and not general one depicting a particular moment or an event with that person that you are writing the letter to. Before going home we have to give this letter to that person. May be teacher may be peon may be principal may be a friend any one

Homework – At home write a letter of appreciation similar to the letter in school and give it to that person in the family. May be father mother brother uncle anyone?

## **PART FIVE**

### BRAIN TATTOOS

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### Life story of well known legendary Wimbledon player by the name of Arthur Ashe\*

Arthur Ashe contracted the dreadful disease of AIDS due to contaminated blood given to him during heart surgery back in 1983. The worlds over his fans were stuck with sorrow and disbelief. One such fan wrote to him "Why did GOD have to select you for such a bad disease "

Arthur wrote back.

"The world over 5 core people started to play tennis. 5 lakh learned to play tennis. 50 thousand came to circuit. 5000 reached grand slam. 50 reached Wimbledon. 4 reached semifinals. 2 reached the finals and only one won the cup. As I held the cup I never asked GOD why he selected me, then in the moment of pain I should not be asking GOD Why me. "

While facing this tragedy in life what is that quality that helped Arthur Ashe face such a tragedy with peace and courage.

In our life we are often faced with situations or events that we have no control on.

One day I came across the story of Arthur Ashe, suddenly I realized my focus in life was wrong. I started to look at life with a different perspective. Earlier my focus was on what went wrong with me, why me? I shifted my focus on what all was good in my life. I started noticing I had such caring parents loving family and I had all the freedom in the world to do what I wanted to

do. I combined my knowledge of computers with my traditional business and started to get the best out of both. Suddenly the sky was the limit to what I could do. I felt peace and joy in my life and started to explore my potentials.

Friends what I felt was a deep sense of Gratitude.

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