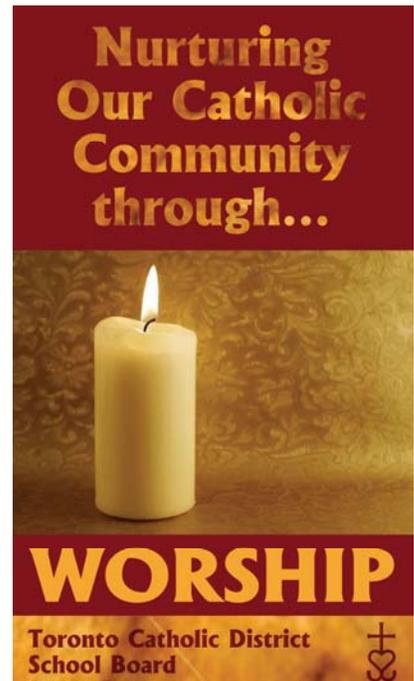


## Overview of the Virtue of Gratitude

The virtue of gratitude has been called a state of mind and a way of life. Gratitude shapes our entire outlook on life. It is the channel through which we become aware of the sacred, and the many blessings of our lives. Gratitude can be applied to all of our daily activities. It links us to the divine and to every other part of the creation.

To learn the grammar of gratitude, practice saying "thank you" for happy and challenging experiences, for people, animals, things, art, memories, dreams. Count your blessings, and praise God. Utter blessings, and express your appreciation to everything and everyone you encounter. By blessing, we are blessed.



## Exploring Your Inner Self: Why the virtue of gratitude might be for you

**If you are feeling...**

- Greedy
- Entitled
- Chronically dissatisfied
- Jealous

**Then, you may wish to explore the virtue of gratitude....**

- Gratitude enhances satisfaction
- Gratitude allows to appreciate and accept our lives
- Gratitude allows us to accept our life as a gift

## **Modelling the Virtue of Gratitude: The Catholic Community Award**

### *The Catholic Community Award:*

The Catholic Community Award is a monthly award given to **students** who may be the “unsung heroes” of our community. They are the students whose daily efforts contribute to nurturing our Catholic school communities. The Catholic Community Award is based on the monthly virtues. As a suggestion, you may want to recognize these students in homeroom, at assemblies, during school liturgies, or in school newsletters, school websites. This can be a whole school project, a monthly initiative, or a nomination process by teachers and peers.

### **The Catholic Community Award: Criteria for the Virtue of Gratitude**

- ✓ students who demonstrate gratitude by saying “thank you”
- ✓ students who express gratefulness, show appreciation
- ✓ students who resist behaviours and attitudes of entitlement
- ✓ students who rejoice in what they have been given rather than wanting more