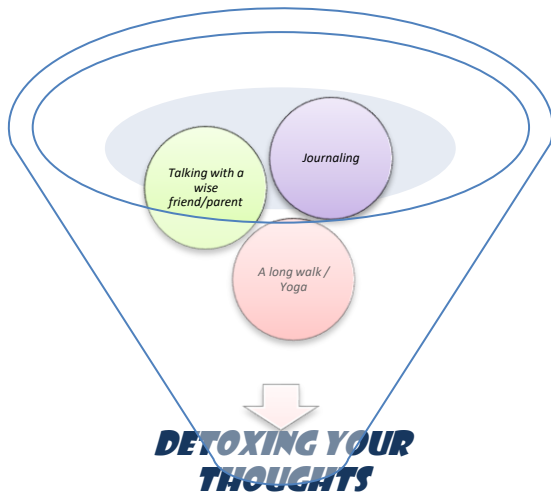


SPARK Forever: Healthy Spirit

Positive Thoughts and Gratitude Fun-Sheet

FUNNEL YOUR FEELINGS!



Feeling mad, sad, frustrated, or annoyed is normal, but holding onto those feelings will steal your joy, your beauty, your life: "THOUGHTS BECOME THINGS"

If you plant an apple seed, what will grow?

If you plant a strawberry seed, what will grow?

If you plant a 'negativity' seed... full of anger, bitterness or jealousy, what will grow?

If you plant a 'positivity' seed... full of hope, grace, and gratitude, what will grow?

What about YOU?!

What activities help you to work through negative emotions?

- _____
- _____
- _____
- _____

What are some positive things in your life that you can be grateful for?

- _____
- _____
- _____
- _____

When you're mad that your mom won't let you do this or buy that... GET REAL. This is the reality for many people in the world...

Half of the world lives on \$2.50 a day.

70 million children in the world do not have opportunity to go to school

780 million people in the world do not have access to clean water

One billion people in the world go to bed hungry every night

We can only be said to be alive in those moments when our hearts are conscious of our treasures.
~Thornton Wilder

My socks may not match, but my feet are always warm. ~Maureen McCullough

SPARK

In order to reflect BEAUTY, you must see BEAUTY... the beauty in everything!

Flowers must have rain to grow beautifully. After a storm is when the petals shine their brightest.

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." — Denis Waitley