

Choosing a Gratitude Mindset

SHIFT FROM 'I HAVE TO' TO 'I GET TO'

A simple change in language from 'I have to do this' to 'I get to do this' can change our whole perspective on life and daily tasks. When we adopt the 'I get to' mindset as a gratitude practice, it helps us focus on the positive aspects of our lives and the opportunities we often take for granted.

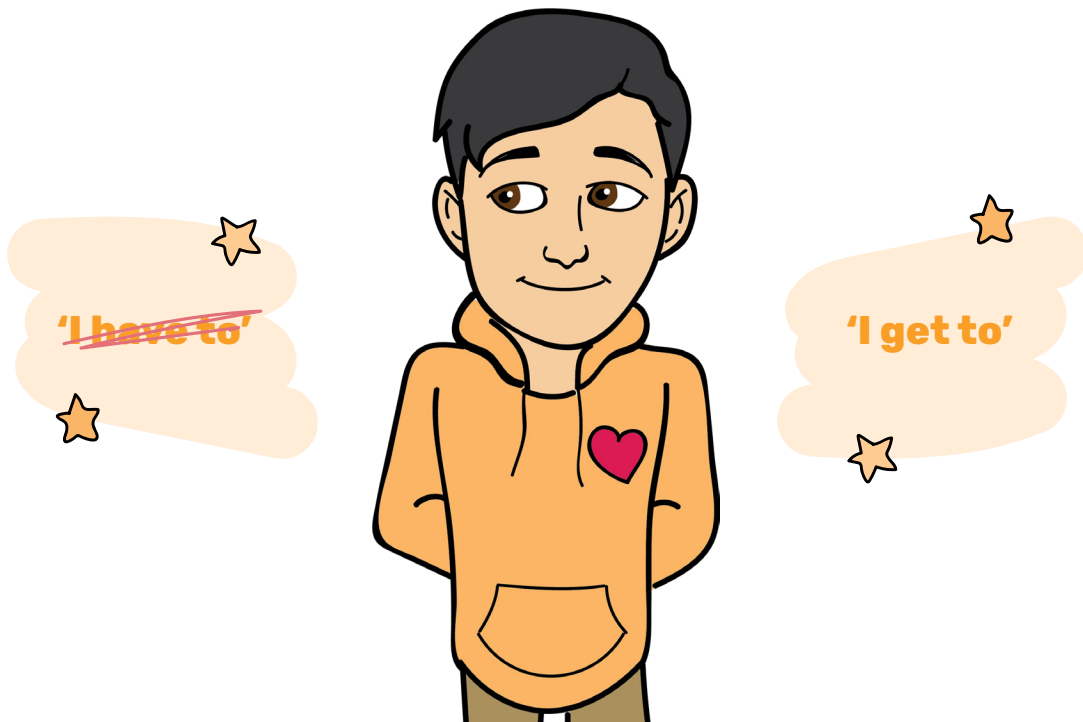
HOW CAN YOUR FAMILY PRACTICE THIS TOGETHER?

Here are some examples to get you started:

- I get to wash the dishes.
- I get to make breakfast for my family.
- I get to walk the dog and spend time outside.

FAMILY CHALLENGE

Try to replace 'I have to' with 'I get to' in your conversations this week. **Notice how it changes your perspective, and discuss as a family how it feels to focus on gratitude in everyday tasks.**



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