

# #1 - THANKFUL FOR ME

## *REFLECTION*

Is it selfish to give thanks for the miracle that is you, for the unique person in your family? You may think so at first. But we must love ourselves before we can freely give love to others in our family. That's an important life lesson for many. As no two fingerprints are alike, so it is that no two people can be exactly the same, even if they try to be.

In what ways are you different from everyone else in your family? What characteristics mark your personality? What individual traits make you the person you are?

Even as genetics can be an interesting mix of traits handed down through the DNA of our family, we still come out like no one else, and that's what we're here to celebrate today: the YOU uniqueness of YOU!

It's not silly to know yourself, love yourself, and give thanks for all the things that make you special and different in your family. In fact, if we take an exploratory approach of our best qualities, we can often set ourselves on a better path.

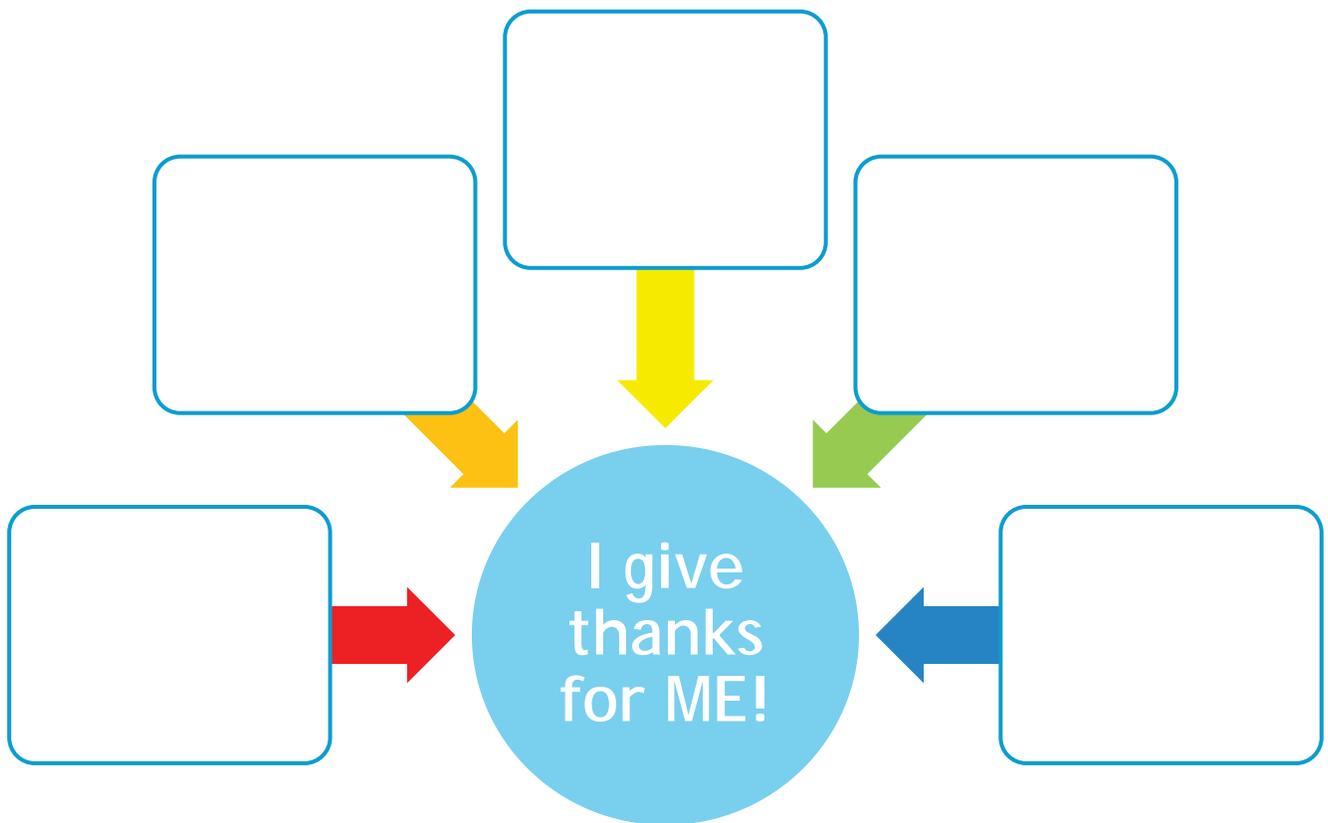
Discovering what brings you joy can lead to a deeper exploration and development of your talents.

Determining how we can use our strengths to help others can put us on a path of service to others that fulfills us while making a difference.

Remember, feeling good about the person we are can bring a burst of new-found confidence and joy to your family. This is not bragging. This is about quiet acceptance of ourselves, so that we may more readily give to others.

## JOURNAL EXERCISE: GIVING THANKS FOR ME

What can you give thanks for about yourself? Take a few moments to write down what you consider to be your best traits, strengths and talents.



How can you use your gifts to help others in your family?

