# HEMPSTEAD
## City of Character

"Building On a Solid Foundation"



*"A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves." -Henry Ward Beecher*

**Featuring this month~**

## Gratefulness
### vs. Unthankfulness

**"Letting others know by my words and actions how they have benefited my life."**

**I will:**

- **show my parents and teachers that I appreciate them.**
- **write "Thank You" notes.**
- **take care of my things.**
- **be content with what I have.**
- **count my benefits rather than my burdens.**

**More...**

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### What is Gratefulness?

Gratefulness comes from the Latin word "gratus," which means free, willing, quick. A grateful person has an attitude of indebtedness toward those who have benefited his life. He also shows that appreciation promptly. As we can imagine, gratefulness felt but not expressed is of no value to the benefactor.

A grateful person goes beyond his circumstances and chooses to see benefits to his life he can be thankful for even in difficult times. As he chooses to learn and grow in those times, it is gratefulness that seems to provide the healthy perspective enabling one to do that!

A grateful attitude enables a person to show honor to those who have helped him become successful, even in little ways. It allows a person to remain content and to take care of what he does have, rather than feeling sad about what he does not have.

A work environment where gratefulness is expressed freely becomes one where respect and honor prevail and conflict ceases. Honor shown through gratefulness empowers people to reach a much greater potential.

### Talk about Gratefulness

1. How did you feel when someone was ungrateful to you for something you did for them that was costly to you.
2. What often keeps us from expressing gratefulness? Can you describe a creative way someone expressed gratefulness to you?
3. What are some ways your group could express gratefulness to those who work for or serve you?
4. Name some people in your community or group whose service normally is unnoticed. How could gratefulnesss be shown to them?
5. Name some difficult situations you might encounter in life and discuss some possible good that could come from them to be grateful for.

### Develop an "attitude of gratitude—

" Schedule a time each week to write notes to those who have benefited you.
" Find creative ways of thanking people.
" Make it a habit to find the bright spot behind each trial. Is there something to be grateful for?
" Keep a thankfulness journal to record the many good things that come your way.
" Don't put off showing gratefulness. It is too easy to forget to express gratefulness because of little distractions.

### Expressions of willfulness:

- Procrastination
- Excuses
- Grumbling
- Sour face or body language
- Job done poorly
- Not listening to instructions

*"When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.*
*--G.K. Chesterton*

--Character First

**Parents - Click here for tips on encouraging your children to develop the character quality this month.**
**Check out the Just for Kids pages for gratefulness in a nature analogy and a historical lesson.**

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