

ACE LINKS

ACE Mentoring Program Quarterly Newsletter



Tis the Season of Gratitude

Gratitude has an incredible ability to shift our focus in dark or overwhelming moments to find the light in our lives. Of course, if it were easy then everyone would practice gratitude; it takes practice and intention. We invite you to start as small as asking yourself reflective questions to help you identify what you are grateful for. Take a moment to be still with them, so they may center you, and shift your focus to the light.

"I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practicing gratitude." – Brene Brown.



- What in nature inspires me and why?
- What do I like most about the town, area, or city where I live?
- What's something I've learned recently that has improved my life?
- What's something I'm looking forward to in the future?
- What is the kindest thing someone has said to me recently?
- What can I do for others today to show them I care?
- What would I never want to change about myself?
- Which relationships in my life can I be thankful for?

conversation starter

A FRIENDLY REMINDER TO CHECK-IN WITH
YOUR MENTOR/MENTEE!

WHAT WAS A PERIOD IN YOUR LIFE OR
CAREER WHERE YOU FELT LIKE YOU HAD THE
MOST GROWTH?

*"Gratitude makes sense of
our past, brings peace for
today, and creates a vision
for tomorrow."*

MELODY BEATTIE

**Stay Connected
with @aceucla
ON INSTAGRAM!**



RESOURCES AND UPCOMING EVENTS

ACE FALL SOCIAL
NOVEMBER 30, 2022
3:00 - 4:30 PM

RSVP



BEGINNER'S GUIDE TO
EVERYDAY GRATITUDE

NOT SURE WHERE TO
START? TRY HERE.

HOW GRATITUDE
CHANGES YOU AND YOUR
BRAIN

ARTICLE VIA THE GREATER
GOOD MAGAZINE

ACE MENTORING COMMITTEE

Jessica Amaya

Marian Gabra

Lori Okimoto-Wheatley

Shahla Rahimzadeh

Carina Salazar

Cyndi Tando

Alina Avila

Social Media Guru and ACE Links Co-Editor

Interested in the ACE
Mentoring Program?
Have an event or resource
you would like to share in a
future issue of ACE Links?

Email ace@college.ucla.edu
for more information!