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.

Check-in

WITH YOURSELF

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

MELODY BEATTIE

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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!