



THE 36-MINUTE HUDDLE UP

Wednesdays from 1:00–1:36PM



NANCI'S NOTIONS

Week #18 – August 19, 2020

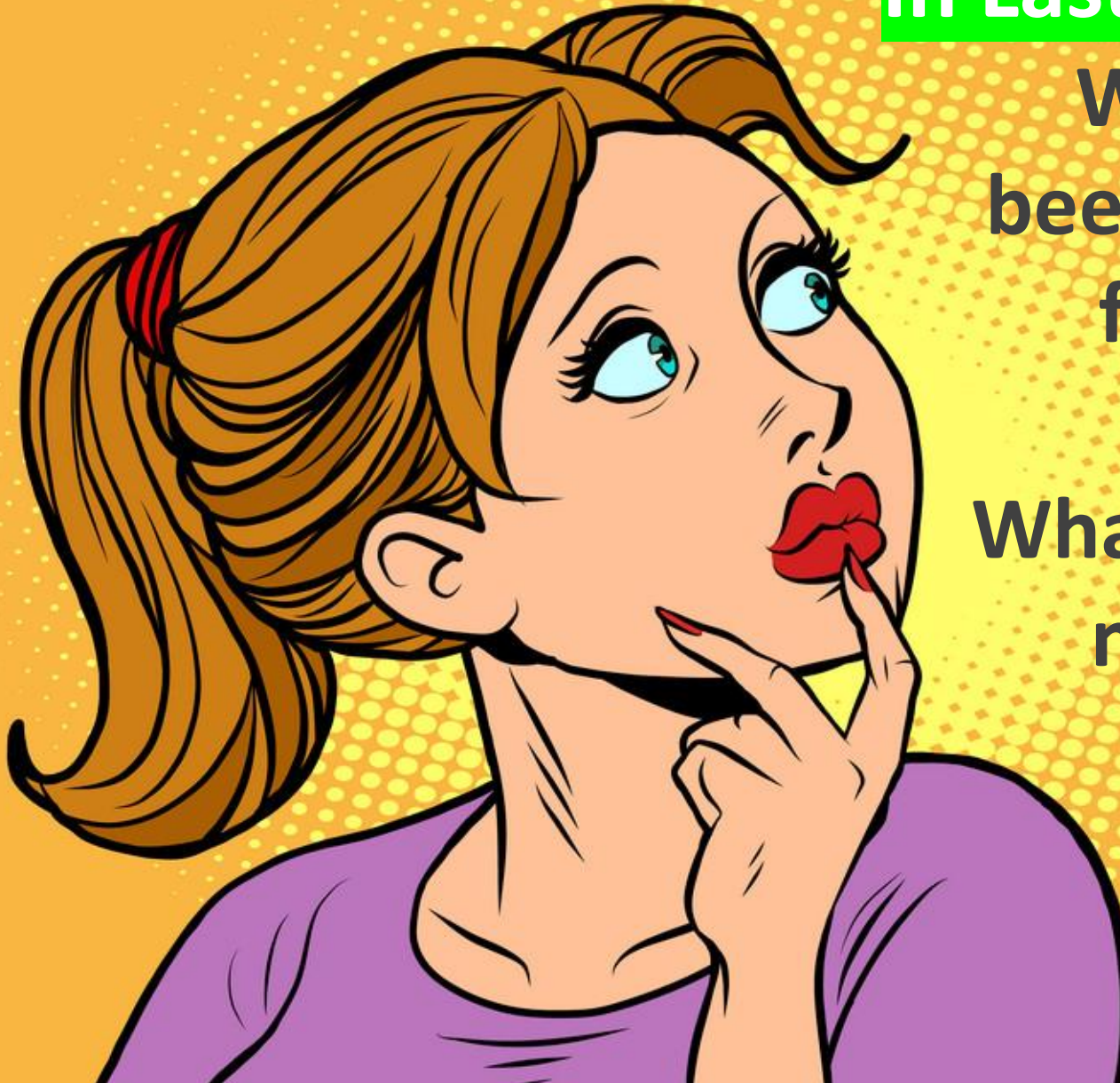


- ✓ What did you add to your toolkit?
- ✓ Concept of Gratitude
- ✓ What Tip or Tool will you add?

In Last 168 Hours...

**What has
been different
for you?**

**What have you
noticed?**



Gratitude Quotes

- It's so easy to look around and notice what's wrong. It takes practice to see what's right
- We must find the time to stop and thank the people who make a difference in our lives



Gratitude Tips

- Appreciate everything
- Practice Mindfulness
- Keep a Journal
- Find gratitude in your Challenges
- Volunteer
- Express how you feel to others



More Gratitude Tips

- Notice the beauty of nature
- Spend Time with Loved ones
- Include an act of kindness
- Commit 1 day of “no complaining”
- Practice every day to form a habit
- Smile more often



Still More Gratitude Tips

- Nurture your Friendships
- Avoid negative thoughts
- Call your parents often
- Write a note to someone
- Give recognition
- Say Thank You!



What are you Thankful for?



THANK YOU!



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