Grumpy or Grateful?
Adult Education
November 20, 2022
Fireside Room @ 9:30 AM

Welcome

Opening Prayer

A Psalm of Praise: Psalm 146

How Do We Overcome Grumpiness?

1. Realize and expect things to go wrong in life.
2. Look back and identify positive events and achievements.
3. Get out of the same old rut by trying something new.
4. Give yourself some credit for things you have achieved.
5. Find approval from God, not others.
6. Stop blaming others as it causes you to be the victim.
7. Don't live in the past.

Everybody Loves Raymond segment from their trip to Italy

Seven Scientifically Proven Benefits of Gratitude:

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

Ways to Show our Gratitude:

1. Keep a gratitude journal
2. Do little things- say thank you, hold the door, leave a generous tip, be proactive in helping out.
3. Send thank you cards.
4. Make a phone call.
5. Give flowers, chocolates, special treats, etc.

Closing Comments and Prayer