

Gratitude – a Mindfulness Gift

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One of my favorite dimensions of mindfulness is being aware of and acknowledging things we are grateful for in our life. During the workshop on Mindfulness that I led at the WAFCS Conference, I asked attendees to identify things they were grateful for. The list is long and powerful. Here's what the group said:

- Financial security
- People around me
- My husband
- My home – a place to relax and refresh
- My faith & church
- Life
- Administrator
- My husband and son
- My daughter
- The struggles I've experienced in life
- Growing up in a household where my parents supported me, loved me, and gave me all of the opportunities in the world!
- My church
- To have an interesting retirement
- Hope
- The companionship of Pumpkin, the cat
- Grateful for: WAFCS Scholarship dollars awarded
- I am grateful for my fiancé, Glen!
- To be able to have a job which as fun, mind-expanding, and all-around great
- Students
- My family
- Laughter
- Good children and grandchildren
- Good health (now cancer-free)
- Children's laughter
- Empathy
- My grandchildren
- A loving and caring husband
- Cinnamon toast and hot chocolate
- I am grateful for my husband's love and encouragement – he believes it is very important for me to be professionally active and pursue my passions
- Friends
- I am grateful for the love and support from family
- Family
- Being physically able to bowl and golf
- Seasons – from spring through winter
- I'm grateful for the nice compliments my husband gives me every day
- I am grateful for people reminding me about times I have helped others – we tend to forget
- The opportunity to teach
- Family
- Music... my piano
- Wendy Plehn – mentor, friend, coworker
- My family – grandsons!
- My strong faith
- Fresh air
- Good health
- My amazing family
- This WAFCS Conference 2017
- I am grateful for the friends I am closely connected with even though we do not physically see each other often
- Springtime and new life
- Marsha Larson for helping me get my teaching license
- Supportive administrators
- The natural world in all its glory
- I am grateful for the life the Lord has blessed me with
- Mike Tremberger
- The opportunity to travel to Asia and Europe as well as all 50 states

I also promised to share the “**recipe**” for the **Glittery Mind Jar**:

- 1 pint jar with a “tight” lid
- Add a few tablespoons of glitter – different size pieces – not too fine
- Fill jar about $\frac{3}{4}$ full with water
- Fill to nearly full with glycerin – this is what slows down the settling
- Add a few drops of food coloring – your choice
- Add about 2 drops of liquid dish soap – too much makes bubbles!
- Close the jar, shake and calmly watch it settle....

There are many “recipes” available on the web or via Pinterest – enjoy!