

“Everyone enjoys being acknowledged and appreciated. Sometimes even the simplest act of gratitude can change someone's entire day. Take the time to recognize and value the people around you and appreciate those who make a difference in your lives.”

Roy T. Bennett

<https://www.goodreads.com/quotes/tag/grateful>, (accessed July 29, 2022).

Storytelling with Family or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share one thing you are grateful for in your family.**
- 2. Tell a story when someone acknowledged and/or appreciated you.**
- 3. Tell one or more people in your family that you appreciate them and why.**

Check out and download at <https://lifesjourney.us/storytelling-with-family/>

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