

# The Peak Perspective



06 December 2023

Issue 6

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## OUR GOALS THIS WEEK

- Be Grateful for what you already have and may receive this month.
- Think of three things every morning that you are grateful for and journal them.
- Try meditating on the positives you have in your life... health, food, fresh air, outside spaces, nature.



## ISSUE 6 - GRATITUDE

December is here!

Last week we talked about not pouring from an empty cup. This week we're going to look at gratitude.

Practicing gratitude has the remarkable power to shift our perspective, cultivate positivity, and enhance our overall well-being.

It can get your day off to a great start if you wake up, say "Today is going to be a great day!" and then think of three things that you are grateful for. It might be "A great sleep", "I feel well", "The film we watched last night was really funny" or "Dinner was lovely last night".



## MEMORY!

When I worked as a Learning Assistant, I wasn't well known to many of the parents, but at the end of term one child bought me a little gift. It was only something small, but that little "Thank you" meant a lot and has been remembered for over 10 years now. You just don't know what effect that one kind gesture may have.

Who can you think of who may not be recognised for the job they do?

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## Gratitude Journal

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



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## MRS CLAUS' SECRET TO FOSTERING A GREAT RELATIONSHIP REVEALED!

*Read on!*



Gratitude! That really is the biggest secret to fostering healthier, stronger and closer relationships, both personal and professional. As Mrs Claus, obviously I have a public image to keep up, no one wants to see Mr and Mrs Claus have an "off" day, so here are some key components we believe in to keep a relationship healthy...

Gratitude: The easiest way to show genuine connection is with gratitude. It is a response, so it shows that you are truly giving attention to the other person and what they do for you. It shows give and take, care and appreciation. It shows the other person that you notice good things about them.

Forgiveness: Spoiler...No relationship is perfect! As well as compassion and give and take, every relationship, however long you've known each other, how well and whether personal or professional, is going to need forgiveness. Christmas is a great time of year to be bold and take the first step and you can do that by showing what you are (or have been) grateful for.

Respect: Obviously, respect forms the foundation of a healthy relationship, it fosters mutual understanding, honours boundaries, and nurtures a sense of value and appreciation for one another.

Communication: Effective and open communication is vital for building a strong relationship. Active listening, expressing thoughts and feelings honestly, and having a safe space for dialogue, as well as understanding each other's boundaries - agreeing on confidences and what are good and bad secrets, can all help to positively grow a relationship.

Empathy: Cultivating empathy allows us to understand and connect with others on a deeper level, eg. putting ourselves in another person's shoes, practicing compassion, and showing genuine care and understanding.

Honesty and Trust: Trust forms the foundation of any healthy relationship. Encourage building trust through honesty, reliability, and maintaining confidentiality.

Quality Time: Spending quality time together helps to nurture a relationship. Setting aside dedicated time for meaningful interactions, shared activities, and creating lasting memories are ways to build quality time in your relationship.

Support: Being there for one another during both good and challenging times is crucial. Being able to offer support, encouragement, and being a reliable source of strength for each other are all ways to show real commitment to a relationship.

*Happy Christmas, Mrs. Claus*



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## A YEAR-ROUND HABIT

Don't wait for January! Start your gratitude journey - being intentionally grateful - today!

There is a lot of pressure around New Year's resolutions, which can tail off and cause guilt - that's definitely not the vibe we want!

Gratitude and positivity go hand in hand, so let's get this started now, there is so much to be thankful for around this time of year, visitors, guests all bring plenty of opportunities, obviously, but even if you are not into big Christmas celebrations, here are a few suggestions...

21st December - The daylight starts increasing!  
The past year's growth and accomplishments  
The trees being bare lets more light in!



## YOUR GRATITUDE JOURNEY...

If you aren't into journaling, another method you can use is to put a jar somewhere prominent.

Make a pretty label "Gratitude Jar".

Whenever something good happens (aim for at least one a day!) write it on a piece of paper and put it in the jar.

On a day when you need positivity, read them!



## SOME MORE IDEAS...

A gratitude alphabet - write a list of things you are grateful for, one for each letter of the alphabet.

Go on a mindfulness walk, look around more than normal, at architecture, nature, people, shop windows. Each tree, leaf, flower, berry, colours, weather, sounds, smells, textures.

Write a Thank you note, or a "Just to say" or a "thinking of you" note.

Do something to help someone else feel grateful - encourage the feeling, but no expectations!



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## GRATITUDE SELF-CARE

I think there is a valid point to raise surrounding self-care in gratitude. I'm sure you have heard the term "compassion fatigue". I remember all too well the annual Christmas Thank You letter trauma of expected deadlines and perfectionism.

Stop that!

A text is enough. It's far better than nothing.

Show gratitude wherever you can, but don't place unrealistic expectations on yourself. Gratitude is supposed to bring peace and joy, not stress or worry.

Remember - Progress not Perfectionism!



## THE 5 LOVE LANGUAGES

Have you heard of the 5 Love Languages? It's a book by Gary Chapman.

The Love Languages are a great way to show people that you love them and may give you some ideas of ways to show gratitude and help people feel gratitude.

1. Gifts
2. Acts of Service
3. Words of Affirmation
4. Quality Time
5. Physical Touch

Knowing which of these the person likes is a thoughtful and personalised way to express gratitude and make them feel valued.

I recommend the book, it is a great relationship help.



*Take Care  
of  
you!*