CHANGING YOUR NARRATIVE

This activity is all about interacting with your world in more intentional ways. Each day gives you a different topic to reflect on. Take a sticky note to write your reflections for each day. It is encouraged that you eventually incorporate all themes into your daily life.

Compassion Tuesday

Practice intentional kindness today. When someone frustrates you, or you become frustrated with yourself, allow a moment of grace to come into the picture.

In what way did you choose intentional kindness today?

Acceptance Wednesday

Think to yourself “is this person doing the best they can in this moment given the resources that they have?” Say to yourself “they might be able to do better, yet I will appreciate them anyway.”

When did you allow yourself to let go of annoyance or frustration today?

Meaning Thursday

Connect to something bigger than yourself! Prepare for this day by stopping into CCASI, and asking how to volunteer. If you have a particular religious belief, find a way of connecting spiritually to that practice (whether it be daily mass, meditation, or otherwise).

Forgiveness Friday

Find ways of forgiving others and yourself for the pain or anger that has occurred.

Practice the ABCs of forgiveness:
 Acknowledge that you have been hurt. Place Blame for the hurt and communicate with that person what has happened. Clear the debt that you feel and give yourself a chance to move forward from the pain.

*Adapted from Sosul, A. (2017). Happy Brains: How to Overcome Our Neural Predispositions to Suffering. TelX

Gratitude Monday

Try to find the beauty in all things today. Even in the darkest moments there will be a sliver of light—challenge yourself to find it.

Write down at least five moments of gratitude.

Center for Curia Personalis
Email: ccp@gburgana.edu
Phone: 509-313-2222
www.gzburgana.edu/ccp