



Gratitude Workshop:

The Piggy Bank Challenge

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Be Thankful = Gratitude = More Happiness!

MY CORE BELIEF:

- I CONTROL MY FEELINGS -

You can choose what you want to see

And how you want to feel anytime, anyplace!

We can't control what happens to us,
but we can choose how to respond...

AND you can choose your thoughts and what to
think!

- Examples:
 - Found a \$5 gift certificate in my drawer and finally used it
 - Found a penny in my house/in my coat pocket...score!
 - Mom made me breakfast/lunch/dinner...yum!
 - No school: Stay away from bullies who aren't nice to you



- Examples:

- You helped someone else and did something nice for them, even when they didn't ask
- You said "No" to help someone because you need to relax instead
- Your friend sent you a text message
- You sent your friend a text message-How thoughtful of you!



What will you add to your
“Piggy Bank?”



Wanna draw your own
PIG for your Piggy Bank?
Here's how:

step 1



step 2



step 3



step 4

Make a list of items to
add to your
“Piggy Bank”



What are you GRATEFUL for regarding:

People

Food

Places

At home

Who have you helped?

Who helped you?

What do you like about yourself?



For example:

-I'm such a nice person!

-I'm funny

-Sometimes I fight with my mom and dad but

I still lo love them!

-I'm grateful for my house

-I found a penny on the floor, cha chingggg!\$\$

-My dad set up the TV so I can watch my favorite show

-I texted my friend and said, "Hey, I think you're awesome!"



CHALLENGE:

Can you add at least one
more thing to your

PIGGY BANK every day?

You can write down the same things...

That's totally ok!

CHALLENGE: Can you think of something NEW to be grateful
for today?



CONGRATULATIONS!
YOU'RE RICH \$\$\$:)

