



Module #10 of 10

**UK Extension's
Universe of
Possibilities™**

TEACHING OUTLINE—GIFTS OF GRATITUDE AND BLESSING

THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication **Gifts of Gratitude and Blessing**, the last of 10 modules in the educational series titled **UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others**. The other modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study **Gifts of Gratitude and Blessing**.

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *How might the gifts of gratitude and blessing improve the quality of a person's life? Can you give a personal example of how you have been touched by gratitude or blessings coming from others? Are there ways in which you plan to make greater use of the gifts of gratitude and blessing?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Go over the introductory section and the definitions of gratitude and blessing on Page 4.
- ◆ Discuss "Benefits of the Gratitude Attitude" and "Three Levels of Thanksgiving" on Pages 4 and 5. Encourage all present to take gratitude and thanksgiving to the next level.
- ◆ Share with participants the "Benefits of Extending Blessings" and "The Art of Blessing Others" on Pages 5 and 6. Ask participants to share some of their favorite ways to bless others.
- ◆ Be sure that participants get the message to "Beware of the Opposites of Gratitude and Blessing" (Page 6). Negative thoughts and actions have real consequences, so why expose ourselves and others to their ill effects?
- ◆ You'll find other great ways to involve your group in the concluding sections "Questions to Ponder and Discuss" and "Skill Builders."
- ◆ It's important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading "A New Possibility." It's always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the "Positive Thoughts" on Page 7.