

Welcome Teachers of 'The Art & Science of GRATITUDE'

February, 2026 Pre-recorded Training



WORDS



NOTICE to awaken

REALIZE to understand

GIVE THANKS for good and change will

Lead to **PEACE**

OVERVIEW

THEORY~~~ Be Present Here ~ NOTICE ~ See and Feel Yourself

>> manage emotions & have more hope >> NOTICE things that feel good & smile,

Affirm: “I put my attention where i want my life to be”

Not in yesterday or tomorrow - not in anger or fear.

~ JUST RIGHT NOW ~ I PUT MY ATTENTION HERE !

~~~~~

**PRACTICE~~~AT FIRST SIGN OF DISTRESS - BREATHE - Put PEACE 1st**

PAUSE & breathe ~ **NOTICE** how you feel, do you look for small good things?  
or things that make you upset? what are you thinking when no one is listening?

IMAGINE HOW YOU WANT TO BE - SEE IN MIND'S EYE

~~~~~

RESULTS ~~~ this is a practice in getting to know ourselves

It is so normal to have all kinds of difficult & challenging emotions. We are learning to minimize & reduce stress & trauma by knowing how we are & DAILY on purpose time with small good things that let us smile or even laugh ~ good natural medicine.

info@goldenpathofpeace.org



Discover the power and possibility of three words which can build HOPE and STRENGTH for any HERO of Ukraine!

Practice these 3 words & develop an Attitude of Gratitude to deepen the experience of PEACE

NOTICE

ПОМІЧАТИ

REALIZE

УСВІДОМЛЮВАТИ

GIVE THANKS

ДЯКУВАТИ

