



GAPs

G = GRATITUDE

Learn to live a life of gratitude!

“As I appreciate what I have, or have left, I can begin to be thankful for my current circumstances, and with gratitude express that thanksgiving in some way everyday!”

A = AFFIRMATION

Affirm yourself and others!

“I need to focus on my self-worth everyday! I need to affirm myself and accept myself for who I am, knowing I am in the process of becoming something new, better!”

P = POSITIVITY

Positive Emotions about self...

Peace! Reconciliation! Silence! Harmony! Serenity! Satisfaction! Pleasure! Hope! Confidence! Optimism! Expectations! Courage! Faith! Relaxed! Unburdened! Satisfaction! Calmness! Quiet! Laughter! Poise! Enjoyment! Merriment! Self-assurance! Conviction! Intimacy! Self-confidence!

Positive engagement with others, community and world...

In my pain I will continue to give, participate and engage! I realize the longer I sit in my despair (pain, anger, violation) the less meaning my life has. I will not become “the victim” and allow others weaknesses to destroy or stop my life!

Positive relationships...

Who I ALLOW in my circle of influence will determine the outcome of my struggle! I will seek friendship, support, understanding, forgiveness; a shoulder to cry on, arms to be hugged by, tears to be shared, and a belly laugh to be discovered in time!

Positive mission and meaning in life...

I was created for moments greater than what I am experiencing now! There is a cause in life that is waiting for me to reengage! Look at the stars, it's time to reach up and touch heaven!

Positive celebration of accomplishments...

I will use and master my gifts, talents and abilities and openly and expressively celebrate the accomplishments in my life and the lives around me. Human nature calculates failure, but I will see the light through the small hole and bask in its perfection.