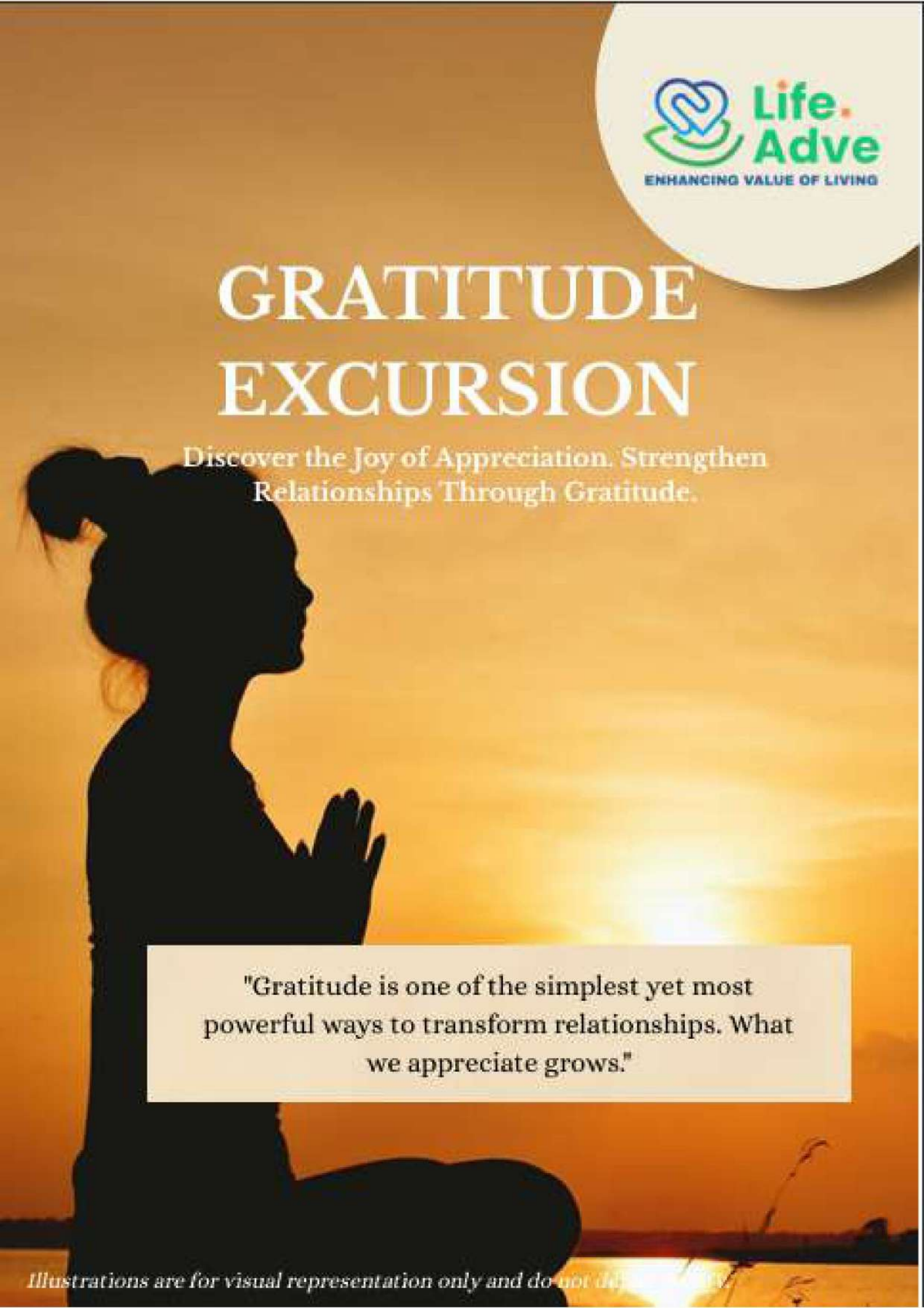
Life. Adve
ENHANCING VALUE OF LIVING

GRATITUDE EXCURSION

Discover the Joy of Appreciation. Strengthen Relationships Through Gratitude.



"Gratitude is one of the simplest yet most powerful ways to transform relationships. What we appreciate grows."

Illustrations are for visual representation only and do not

OVERVIEW

Gratitude is more than saying "Thank You." It is a way of seeing life. It shifts our attention from what is missing to what is already meaningful. Research in Positive Psychology has shown that people who regularly practice gratitude experience greater happiness, stronger relationships, better mental health, increased resilience, improved physical well-being, and higher life satisfaction.

The LifeAdve Gratitude Excursion is a unique experiential journey that helps participants develop a lifelong attitude of appreciation. Through adventure, nature, storytelling, reflection, and acts of kindness, participants learn to recognize the people, experiences, opportunities, and challenges that have contributed to their growth.
The excursion inspires participants to move from taking relationships for granted to treasuring relationships with gratitude.

Excursion Profile

Objective: To cultivate gratitude as a daily life practice that strengthens emotional well-being, resilience, and healthy relationships.
Relationship Focus: Appreciation, kindness, empathy, family, friendships, self, nature, community.
Target Participants: Children, adolescents, parents, families, college students, teachers, corporate teams, community groups.
Recommended Age: 10 years and above
Group Size: 10–40 participants
Duration: One-day (6–8 hours), Half-day (4 hours), or Weekend Retreat.
Venue: Nature camp, eco-park, botanical garden, lakeside, retreat centre, adventure campsite.
Difficulty Level: Easy
Facilitators Required Certified LifeAdve Facilitator, Psychologist (optional).

Excursion Flow



SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES



48- Hours Commitment



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Take home Tool-Kit



- LifeAdve Gratitude Journal
- 30-Day Gratitude Challenge
- Gratitude Jar Activity Kit
- 50 Appreciation Conversation Cards
- Kindness Calendar
- Family Gratitude Ritual Guide
- Acts of Kindness Checklist
- Daily Reflection Planner
- These resources help participants transform gratitude from a one-day experience into a lifelong habit.

Expected Outcomes

1. Develop a lasting gratitude mindset.
2. Improve emotional well-being and optimism.
3. Strengthen family, friendship, and workplace relationships.
4. Increase empathy, kindness, and generosity.
5. Build resilience during difficult times.
6. Reduce negative thinking and habitual complaining.
7. Create meaningful daily gratitude practices.
8. Experience greater happiness, life satisfaction, and deeper human connection.



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