

T1.007

We're now organizing HUNTER's CARDSET using the letters M.A.T.R.I.X. Each letter has four rows—M1, M2, M3, M4—and each row contains seven sub-cards, labeled M1.001, M1.002, M1.003, and so on up to M1.007. This card arrangement is inspired by Niklas Luhmann's note-taking method, and we encourage you to create your own cards in each row. Download the 7 cards from the link below, and let's build them together!

T1.007: Grateful for My Growth

Title: Wow, Look at How Much I've Grown!

Story Prompt:

"This year, I learned how to ride my bike without training wheels, and I felt like I was flying! What's something you've learned or done recently that made you feel proud, like a superhero gaining new powers?"

Inspiration Section:

"How have you grown or learned something new recently? Maybe you've become better at something, like riding a bike or being kind to others. Write or draw a card to show how thankful you are for your growth!"

Gratitude Journal Theme:

Let's be thankful for how much we've grown—whether it's learning a new skill, becoming more patient, or being kind to others. Every day, we grow a little more!

- Example: "I'm thankful for learning how to help my friends when they feel sad. It makes me feel like a superhero who spreads happiness!"

Music for Reflection:

Johann Sebastian Bach's Air on the G String - steady and calm, like the quiet strength you've been building every day.

Reflection Activity:

Let's write or draw something new we've learned or done recently that makes us feel proud!

Magic Sentence:

"I am grateful for all the ways I'm growing and learning every day, like a superhero leveling up!"

Routine Link:

- **Routine Time:** 10 minutes before dinner, reflect on how much you've grown and share your proud moments with your family.
- **Family Connection:** Each family member can write or draw something they've done recently that makes them feel proud, like learning a new skill or being extra kind.
- **After Dinner Sharing:** During or after dinner, share your growth moments and celebrate how far you've come. Every step is a victory!

Encouragement Note:

"Every day you're growing stronger, smarter, and kinder—just like a superhero! Let's celebrate how much we've grown!"