

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

December 2021

### 2021 Year of Gratitude

It has been a year of milestones as well as uncertainties and challenges but there are so many reasons to be grateful as the year comes to an end. This is a good time to reflect and realize that life is still beautiful. Among the challenges of the year it can be easy to forget what to be grateful for. Here are some topics to think about:

- **For being alive.** Waking up each day is a blessing. Being alive is the most precious thing; be grateful for every waking moment.
- **For family.** Having parents, aunts, uncles, grandparents, children, and cousins is a blessing. They can be your biggest supporters. They always have your back regardless of any decisions, and they care about you the most.
- **Friends.** The family we choose. Our companions in life. Friends who encourage us, laugh and cry with us, believe in us and inspire us. Many of our friends are our co-workers.
- **Home.** Having a place that is our sanctuary, where we rest and recover is a blessing. It is a place where we make memories and bring our families together.
- **Happiness and Joy.** Happiness brings joy to life, and it helps us soak in the beauty of life.
- **For YOU.** Be grateful you are who you are. For doing the best you can for yourself, your friends, and your family. By being yourself, you make a difference in the world.
- **Profession.** Having a company like Apollo to work for is a blessing. It is a blessing that for 40 years Apollo has grown and allowed its workers to grow with it while serving the communities in which they work. It is a blessing that Apollo has provided a safe and healthy place to work to ensure that we all go Home Safe.

SAFETY REMINDER: "In ordinary life, we hardly realize that we receive a great deal more than we give and this it is only with gratitude that life becomes rich." Deitrich Bonhoeffer

#### Discussion Points/Quiz Questions:

1. What are you grateful for this year?