

MONDAY MORNING ASSEMBLY TALK

Let Gratitude Be Your Attitude

Monday, 20 July 2026

Don Bosco Matriculation Higher Secondary School, Wisdom Town, Red Hills, Chennai

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Rector & Correspondent

My dear children, good morning!

It is a joy to meet you once again on this beautiful Monday morning. As we begin a new week, I would like to invite all of you to cultivate a beautiful habit, a noble culture, and a lifelong attitude—the attitude of gratitude.

The theme for today's reflection is:

"Let Gratitude Be Your Attitude."

Gratitude is much more than saying "Thank you." It is a way of seeing life. It is the ability to recognize the goodness we receive from God and from the people around us. A grateful heart is always a joyful heart, and joyful people make the world a happier place.

Let me begin with a true story from Japan.

There was a faithful dog named *Hachikō* , who belonged to *Professor Hidesaburō Ueno.* Every morning, Hachikō accompanied his master to the railway station. Every evening, he returned to the station to welcome him home.

One day, Professor Ueno passed away suddenly while at work and never returned. But Hachikō did not know that. Every single day, at the same hour, he came back to the railway station, patiently waiting for his beloved master. He continued this faithful routine for nearly ten years.

The people of Japan were deeply touched by such extraordinary loyalty and gratitude. They erected a statue of Hachikō outside the railway station. Even today, thousands of people visit that statue and remember that true love, gratitude, and faithfulness never die.

My dear children, if a little dog can remain so faithful and grateful, how much more should we, as human beings, learn to be thankful!

First of all, *let us thank God* , who has given us the priceless gift of life, good health, loving families, talents, and another beautiful day to live and learn.

Let us thank our parents , who brought us into this world, care for us with great sacrifice, and dream of a bright future for each one of us.

Let us *thank our teachers* , who patiently teach us, guide us, encourage us, and help us become responsible and successful persons.

Let us *thank our support staff—our office staff, security personnel, drivers, gardeners, housekeeping staff, and every employee* who works silently behind the scenes to make our school clean, safe, and welcoming.

Let us *thank our friends* , because good friends make our lives happier, stronger, and more meaningful.

Our great Tamil sage *Thiruvalluvar* devoted an entire chapter of the Thirukkural to gratitude. One of the most famous couplets is *Thirukkural 108*:

"ஊனாநா ஊனாநாநா ஊனாநாநாநா;
ஊனாநாநாநா ஊனாநா ஊனாநாநாநா ஊனாநா."

It means:

"Never forget the good done to you. Forget immediately the wrong done to you."

What a profound lesson! Remember every act of kindness. Forget every hurt and every insult. People who keep remembering goodness become peaceful and happy. Those who keep remembering hurts become unhappy.

My dear children, make gratitude your daily habit.

Say *"Thank you"* when someone helps you.

Say " *Thank you"* to your parents before leaving for school.

Say *"Thank you"* to your teachers after they teach you something new.

Say *"Thank you"* to your friends for their companionship.

Say *"Thank you"* to every person who serves you, even in the smallest way.

And before you go to bed every night, fold your hands and simply say, **"Thank You, God, for all Your blessings today."*

Remember, the happiest people are not those who have everything; they are those who are thankful for everything they have.

Before I conclude, I would like to say something very special about our own school.

Don Bosco Wisdom Town has an ambience of gratitude . We thank God every day for the precious gift of our school. We are grateful for this beautiful campus, our classrooms, laboratories, library, playgrounds, teachers, parents, support staff, and all the opportunities we receive to learn, grow, and become responsible citizens and faith-filled persons.

Let us preserve this atmosphere of gratitude by respecting one another, appreciating every person, caring for our school, and never taking our blessings for granted.

As **St. Don Bosco** always reminded young people to be cheerful, faithful, and good, let us also become young people with grateful hearts. **Gratitude builds character, strengthens relationships, increases happiness, and brings us closer to God.*

My dear children, as you begin this new week, carry these simple words in your heart:

**"Let Gratitude Be Your Attitude."*

May your heart always be filled with thanksgiving. May every morning begin with gratitude, every day be lived with kindness, and every night end with a prayer of thanks to God.

May God bless each one of you, your parents, your teachers, and our beloved Don Bosco Wisdom Town.

Have a wonderful, joyful, and grateful week ahead. Thank you, and God bless you all!