PGL INSPIRATION

Rooted in Relationships | Growing Through Connections

DEAR PGL COMMUNITY,

As we enter November, we find ourselves reflecting on the people and experiences that shape who we are becoming.

Gratitude, for us, is not about perfection, positivity, or pretending everything is easy. It is the quiet recognition that we grow because of the relationships, moments, and communities that walk beside us.

Whether you are preparing to go abroad, returning home and re-grounding, or exploring your next step, we are grateful to be connected with you in this shared journey.

With warmth,

The PGL Team

WHY THIS **MATTERS**

Our work centers whole-person growth — personal, cultural, relational, and reflective. Gratitude supports that by helping:

- Notice what strengthens us

- Acknowledge who has supported us

- Carry forward the lessons that shape us

Gratitude is not just looking back. It is how we move forward.

> **"We do not become ourselves *by* ourselves."**
>
> *— David Whyte*

PGL Voices
Gratitude in Real Experience
Alumni Reflections from Japan

These reflections come from JET alumni whose time in Japan continues to shape how they move through the world.

Mike: "*I am grateful for the people who slowed down enough to include me. The relationships I formed taught me to listen more deeply — and to show up more fully in my own life.*"

Dana: "*I was scared before I left — but I trusted that there was something worth discovering. I am grateful for that version of myself who said yes even when she didn't feel ready.*"

Steven: "*What stays with me are the small things — washing dishes, walking home from school, conversations at the table. Those were the moments where I really learned who I was becoming.*"

These stories remind us that gratitude is not only for the extraordinary acts. It is found in the **daily practices of connection**.

A Gentle Pause

Gratitude deepens when we pause to notice what sustains us.
This week, take a quiet moment to reconnect with your body, your breath, and the life moving around you.

*Listen to **Befriending Our Bodies and Minds — Oxford Mindfulness Centre***
by Willem Kuyken | Oxford Mindfulness

A simple, grounded practice — no preparation needed, just a few mindful minutes of care.

WHAT'S NEW AT PGL?

Free JETPrep Step-In Experience

A simple, supportive starting point for exploring your why, your strengths, and your readiness to go abroad. This is for:

- JET Applicants preparing for interviews
- Travelers exploring teaching abroad
- Anyone seeking clarity about their why

Start Step-In

No cost. No pressure.
Just a thoughtful starting point.

Travel with us in 2026

If you're seeking meaningful cultural exchange, homestay connection, reflective group learning, and grounded community travel — our 2026 programs are now open.

Explore **Programs**

We recommend early application.
Spots are intentionally limited to maint
depth and care.

Your Voice Matters

Your experiences shape how we grow this work.
Thank you to those who have shared already on this survey — your wisdom is guiding our next steps.

Current & Former JETs

JTEs

JET Applicants

Closing Reflection

Thank you for being part of this community. Thank you for your courage in transition. Thank you for your voice, your presence, your becoming.

With gratitude,

The PGL Team 🌍💛

Explore More

WATCH

Gratitude & Joy by **Brené Brown** or **How Thankfulness Changes Your Brain** from the **Psychology Scholar**

LISTEN/READ

The Neuroscience of Gratitude & Its Effects on the Brain
by Melissa Madeson

DO

Send a **one-sentence thank you** to someone who shaped your month.
Small acknowledgments ripple **outward.**

Positive Global Learning

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With purpose and possibility, The PGL Team 🌍💛