



What is gratitude and how can it help you?

Gratitude is a process of seeing and acknowledging what we already have, amidst the chaos of our schedules, which helps us feel **connected** to other people and life.

You might have heard of the benefits of practicing gratitude like experiencing more positive emotions, feeling more alive, sleeping better, expressing more compassion and kindness, and even having stronger immune systems. But did you know that gratitude has also been proven to improve **productivity**? Yes, you heard me right. **You can actually increase productivity with gratitude.** Why? From a scientific perspective, giving and receiving thanks increases the release of dopamine which raises your energy. Dopamine is also linked with the brain's complex system of motivation and reward. I ask you - who doesn't feel more productive and content when higher levels of motivation and reward are involved?

On the next page, I give you my **7 Top Tips** to include Gratitude into daily life. You can start by picking one or two of the suggestions listed and see for yourself how adapting an attitude of gratitude can really fuel your positivity and productivity!

My top tip is to keep a **daily gratitude journal** and on page 3 I provide you with my **Daily Gratitude List Worksheet** that you can fill out every night. All you have to do is write down 10 things that you are grateful for at the end of every day.

Be consistent and I am sure you will start feeling a huge difference in your outlook!

7 Top Tips to Practice Gratitude in Daily Life

1

Keep a simple gratitude journal. Every day write 10 brief things about what occurred in that day that you are grateful for. It can be big things like making a big sale at work, getting a promotion or hitting a major goal or simple things like a fun conversation with a friend or the fact that your 3 year old made it through the night without an accident! As you write about your experiences step into the gratitude feeling, think about how good it makes you feel and really experience it in your heart.

2

Thank you Part 1: Every act of gratitude counts, and it can be as small as saying thank you or telling someone important how much they mean to you. For example, while mornings can be a hectic time before heading out of the house, make it a point to tell your partner how much you care about them. Another idea is to acknowledge a colleague for their professional contributions with a genuine heartfelt thank you.

3

Thank you Part 2: Add a simple sentence to the words "thank you" when you thank the people you encounter during the day. At the grocery checkout counter, instead of mumbling the expected thanks to the cashier, try something like "This job must get difficult at times, thanks for hanging in there." This will feel good for you and certainly for the cashier who probably hears little in the way of acknowledgment.

4

Lead by example and introduce the concept of gratitude to young people around you. Try this at your next meal where kids are present: go around the table and say something that each person is thankful for. We do this in my family at Thanksgiving, but there is no reason you can't do it because it's Tuesday.

5

When you're at a stoplight, look around for something that brings a little joy to your heart. A flower bed of beautiful blooms, the sun setting on the horizon or the mere fact that you are out of the house, are examples of things that can raise your internal energy, mood and spirit if you take the time to express and feel your gratitude.

6

Send a card or small gift to someone, just "because." You can send a friend a card to say that you appreciate them and put in beautiful stickers, tea bags, sticky notes or other unexpected trinkets. Wouldn't that bring a lift to someone's day?

7

Tell a client why you enjoy working with them as much as you do. Point out their unique qualities and express sincere thanks for the fact that you have this great working relationship. "Sincere" is the magic word here!

DAILY GRATITUDE LIST

Date: