



01

Why Gratitude is Important

The rhino sat on my shoulders. Every minute that I passed I felt worse and worse. The tension in my neck caused a migraine. The back of my head wanted to burst open.

My boss was disappointed in my work and my youngest son was sick on top of it.

I couldn't catch a break. My attitude was sour at best.

I started complaining to myself and my friends. My friends are sweet, but one friend called me out.

He asked, "Is it really that bad?"

I've had lots of these days and moments, but this felt heavier than most. I could lose my job.

I thought about what my friend asked me.

"No it wasn't that bad, but..."

"Wait. There are always 'buts'. 'Is it really that bad?' He asked again.

It wasn't. My son had an ear infection and my boss usually loved the work I produced. I just wasn't used to this back-to-back-to-back struggles hitting me all at once. I wasn't thinking straight with my migraine, sick son, and disappointed boss overwhelming me.

Life was actually pretty good. I just didn't want to focus on it. So right in that moment I made the choice to focus on the good things in my life. I do what I usually do.

I made a gratitude list.

- My loving wife.
- My usually healthy son.
- The sunny cool day.
- My home.
- My breath.
- Green tea.
- Dark chocolate.

And the list went on and I started to feel better. The migraine didn't go away right away, but I was getting back on track. I felt lucky to be in my position and I had so much to be thankful for.



I went to my boss and had a quick chat and asked for feedback. He told me how good of a job I was doing, but needed to get more feedback from my team. He was right.

The dark cloud lifted and I started to feel good again.

Gratitude helps you...

- Helps you focus on enjoying what you have and not what you don't.
- Look at what you have and enjoy it.
- Helps you reduce procrastination
- You are willing to take action when you see the joy in the work and what possibilities will occur when you get started.
- Reduce stress levels because it slows down your heart.
- Improve your mindset
- You see the positive everywhere you look
- Expand your resilience
- When you fail and you worry about how bad you looked you won't keep taking action, when you look for the learning takeaways then you see yourself becoming smarter and stronger.

Scientific Research

1. One study found that participants who wrote down three good things each day for a week were happier and less depressed at each of the one-month, three-month and six-month follow-ups.
2. Chad Burton and Laura King figured out that if people kept a journal about positive experiences, it helped increase happiness. The participants also had fewer symptoms of illness.
3. In another study, Richard Wiseman wanted to understand why some of us are lucky and others can't seem to catch a break. He asked volunteers to read through newspapers and count how many photos were in them. The people who considered themselves to be lucky would finish the task in mere seconds, while the unlucky ones took an average of two minutes. I bet you are curious to why. On the second page of the newspaper was a big message that read: "Stop counting, there are 43 photos in this paper." There was also another message halfway through the paper that read "Stop counting, tell the experimenter you have seen this and win \$250." The people who felt lucky were more likely to notice opportunities and take action versus the people who felt unlucky and couldn't see past their task.
4. In Edward Deci's book, Why We Do What We Do, he demonstrates that if you can bring more positivity into your workplace, you'll increase your team's productivity by 31 percent⁴. That's a big improvement!

There are so many positives to building the gratitude habit. It will only work if you practice at it every single day. That's what this course is here to help you do. So let's dig into what you can do to understand how to get the most out of this course.

What do you want out of this course?



Find Daily Joy With Bite-Sized Mindset Practices

BringGratitude.com

How do you want to feel after 3 months?

Go and watch the video to help you go a little deeper into this lesson.

Notes

1. Seligman, M.E.P., T.A. Steen, N. Park, and C. Peterson. "Positive Psychology Progress: Empirical Validation of Interventions." *American Psychologist* 60, no. 5 (July/August 2005): 410-421.
2. Burton, Chad, and King, Laura. (2004). "The Health Benefits of Writing About Intensely Positive Experiences." *Journal of Research in Personality* 38, no. 2 (March/April 2004): 150-163.
3. Wiseman, R. "The Luck Factor." *The Skeptical Inquirer* 27, no. 3 (May/June 2003): 1-5.
4. For more on what best motivates us, see: Deci, E. L. (1996). *Why We Do What We Do*. New York: Penguin.



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