

**Ready
Set
Work**

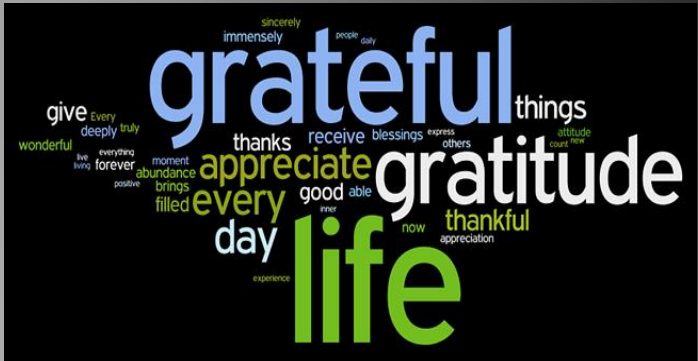
ReadySetWork 2017

Meet a Mentor Session
Saturday August 19th 2017

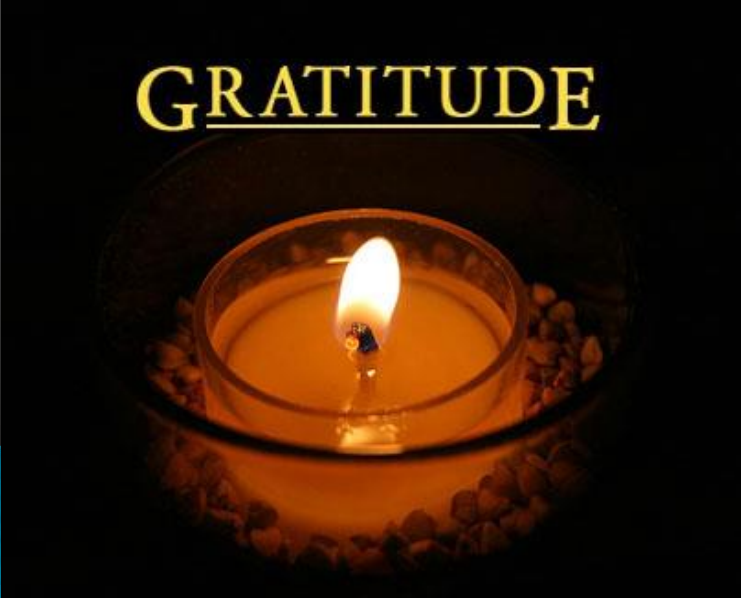
UNDERSTANDING THE POWER OF GRATITUDE



Presented by:



Mr. Mukoro Emomine Sunday



REFLECTION...

- **Think of a time when you felt truly grateful for something.**
- **It can be for anything – to anybody – at any time in your life.**
- **Remember what you felt at that time. What emotions did you experience?**
- **Remember what you wanted to do in response to your gratitude – for that person or anyone else.**

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich... Dietrich Bonhoeffer

WHAT IS GRATITUDE?

The recognition of the unearned increments of value in one's life...

- Gratitude can be an emotion that we experience after receiving something – a gift, help, anything.
- Gratitude is not a feeling of being indebted - when we owe others, we can resent or avoid them. When we are grateful to them, we want to be with them.
- The feeling of gratitude motivates us to turn it into action. We are naturally inclined to pay it back or pay it forward.

★ 01 Reach More Goals

Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based)* than those who did not.

♥ 02 Improved Health

The study also showed physical changes: the authors reported those keeping gratitude journals exercised more regularly and reported fewer physical symptoms.

👍 03 Better Sleep = More Energy

The study included a group of adults with neuromuscular disease who underwent a "gratitude intervention" for 3 weeks. Afterward, participants reported improvements in both how much and how well they slept.

Benefits of Gratitude

Gratitude is not only the greatest of virtues, but the parent of all the others.

Marcus Tullius Cicero

06 👍 Increase our Likability

Gratitude generates social capital – in two studies with 243 total participants, those who were 10% more grateful than average had 17.5% more social capital.

05 🟡 Support Others

Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another, relative to the hassles of social comparison condition.

04 ♥ Stronger Love Life

According to the authors, feelings of indebtedness showed engagement and commitment externally, but "gratitude had uniquely predictive power in relationship promotion, perhaps acting as a booster shot for the relationship."

GRAPHIC PROVIDED BY
WWW.GOLDENEAGLESCOCHING.COM

Please contact us for details on studies cited in this infographic.

OBSTACLES TO GRATITUDE

➤ Entitlement

- Self-absorption / Belief we are 'owed' what we want in life.

➤ Victimhood

- Life view of having been wronged – and living accordingly, rather than taking responsibility for personal change.

➤ Rugged Individualism

- Lacking an understanding of one's place in community – refusal to accept one's *interdependence* with others.

➤ Materialism

- When one's focus in life is primarily on obtaining *things*, the capacity for gratitude is diminished. The void cannot be filled.

➤ Taking Things for Granted

- Living on the assumption that situations will always be as they are.
(Nothing can make one appreciate one's health like a serious illness.)

CONT...

➤ Manipulation

- Someone whose relationships are built on manipulation cannot relate to free exchange of gifts – everything is a negotiation. They cannot feel grateful.

➤ Suffering

- Extreme suffering can block the possibility of gratitude (at the time it is present). When suffering dissipates, gratitude can arise upon reflection.

➤ Amnesia

- Allowing grateful memories to fade invites emptiness and self-pity, while reducing the likelihood that we will continue to practice gratitude.

➤ Lack of Reflection

- Overly busy and stressed, we can easily move gratitude meditation from our priority list. (We forget to remember.)

➤ Negative Moods

- Negative moods can become our focus and we can forget to shift attention to what is *right* in our experience.

WHY EMBRACE ATTITUDE CHANGE...GRATITUDE



TAKE HOME...

In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy.

www.gratefulness.org
© Raar - Raar David Steindl-Raaz

THANKS

