

Gratitudes



Week One: Intro to Gratitude

Pre-work Expectation: Watch this video from Good Morning America (Send this link out in advance)
Hack Your Happiness: [How learning gratitude is changing an Illinois middle School](#)

Learning Objective: (“Each participant...”)

- Can define gratitude.
- Will discuss the importance of being thankful for the things in my life.
- Will start their 21-day challenge

Essential Concept:

Demonstrate leadership, integrity, ethical behavior and social responsibility in all environments.

Skills Required:

- Communicate clearly
- Collaborate on structured tasks
- Show sensitivity to others' views and ideas
- Understand how to create consensus
- Use active listening and speaking skills
- Positively support the work of others

Opening question(s):

“What does it mean to have gratitude?”

“Is it easy for you to find something to be grateful in your day to day life?”

Thoughts:

“I want to compare what you think it means to have gratitude versus what Miriam Webster says. First, let's develop an understanding of gratitude from our perspectives.

Take comments from participants. Develop a working understanding of the word. Write notes, thoughts, comments on the screen or whiteboard. Then ask participants to define the word using the MW dictionary online. If you're present together in a room, you can ask them to turn and talk to their elbow partner about the definition.

Participants will need to compare what they know versus what they know now. How is it different? How is it the same?

To have gratitude means that you show you are thankful for something. What is something you are thankful for? When you spend time scanning your day and life for something to be thankful for, it automatically retrains your brain to look for the good.”

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Connecting This Lesson to Our Work:

- How can showing gratitude at work impact my work and the work of others?
- Who benefits from a culture that expresses gratitude?

Action:

Over the next 21 days, we are going to spend time using a Gratitude Journal, looking at our lives and finding something to be thankful for each day. When we try to decide something to be thankful for, we have to scan through our day. When our scanning helps us land on something, it might be simple, like having a great cup of coffee to start our day or being thankful for our pets. (Distribute the 21-day challenge PDF)

But we can also say something a bit more complicated, like, "I'm grateful for my colleagues who've always got my back when things get challenging" or "A supervisor/leader who goes the extra mile for you." When you write your gratitudes, you can number them. Using complete sentence will help you provide the detail required to make this tactic genuinely impactful.

LEADERS: This is an excellent place to model a detailed example of gratitude for participants, i.e. "I am grateful for the night janitors who do such a great job returning my work station to a place where it's easy to start the day."

Have your team come up with a single gratitude each in group discussion.

Weekly To-Do's:

1. Get started on your twenty-one day gratitude challenge and keep it going
2. Make sure to use the Gratitude Journal to track your progress.

Alternate Discussions:

- Who is a person you're thankful for?
- What is a day of the year you're thankful for?
- What is an activity you're thankful for?
- What is an app on technology you're most thankful for?
- What experience have you endured that you are most thankful for?