



For Personal and Professional Development

Everyday Gratitude for Success in Life

**Why expressing gratitude turns
the impossible to *Possible!***

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Attitude of Gratitude

“Carpe diem”! Seize the day! What is happening right now **IS** our life. Take nothing for granted, but live in the moment of gratitude for life, prosperity, family, friends, the fruits of our labor. True prosperity is an attitude of gratitude. The root of prosperity is derived from the Latin word *prosperous*-“favorable, fortunate, prosperous,” perhaps literally “agreeable to one's wishes”.

Awareness of what we have makes us aware of and available to opportunities to learn and grow. We can see that life is a gift and that small, grateful acts every day can uplift us or make a difference for others.

I have noticed that the Universe loves gratitude. The more grateful you are, the more goodies you get. When I say “goodies,” I don’t mean only material things. I mean all the people, places, and experiences that make life so wonderfully worth living. You know how great you feel when your life is filled with love and joy and health and creativity, and you get the green lights and the parking places. This is how our lives are meant to be lived. The Universe is a generous, abundant giver, and it likes to be appreciated.

ABC's of Gratitude

Approaching each day with a lens of gratitude, however, does not happen overnight. Gratefulness is nourished in small doses, through daily reminders, reflections, affirmations, and practices. Here is an easy way to practice the ABC's of gratitude. You can use this method to fall asleep or start your day by thinking of all the things you are grateful for – letter by letter. Here's my list; what would you add to your list.

A - art, ancestors, animals, anything Apple

B – breath, books, beaches, bananas

C – chocolate, cake, cookies, conversations, calendars

D – dogs, dancing, desserts

E – energy, education, elevators, emotions

F – fun, friends, flannel, flags

G – goat cheese, games, garages, g-daughter Genevieve

H – health, happiness, HGTV, hugs (miss those during Covid)

I – intelligence, invitations, intuition, inspiration

J – jingle bells, jokes, Jinga, g-son Jack

K – knowledge, kittens, kitchens, kindness

L – love, life, laughter, leaders, lights

The ABC's of Gratitude

M – mountains, mornings, movies, Madrid, g-son Max

N – nature, noise, neighbors

O – oranges, opportunities, Osho Zen

P – patience, puzzles, poetry, people

Q – questions, quilts, quotes, quiet

R – restaurants, rain, rest stops

S – sweaters, sunsets, hot showers

T – travel, trees, tapioca

U – the Universe, umbrellas, understanding

V – vegetables, vacations, velvet

W – water, weekends, walks, wisdom

X – x-rays, eXcitement, letter x in Scrabble

Y – youth, yawns, yams

Z – zippers, zest, zebras

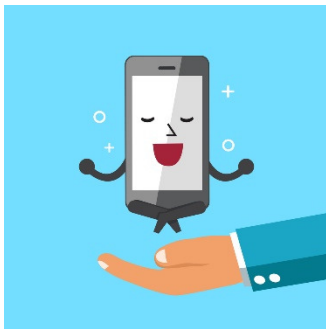
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We hope you found the list fun and that it inspires you to create your personal gratitude list. Share it with your family and friends. In turn, ask them what they are grateful for and how it affects their life. Double the gratitude!

Expressions of DiSC® Gratitude

Gratitude for D

Opens a meditation App, sets the timer, and taps list on the phone to check their ABC list.



Gratitude for i

Pulls out their journal and makes a list of people to thank in person or send a note to express how much they are appreciated.



Gratitude for C

Uses the ABC method to review their gratitude list and schedules a gratitude email to everyone.

Gratitude for S

Demonstrates caring with a personal thank-you and home baked cookies. Can't say thank you enough!

Gratefulness and Life Success

Here are some things to think about:

#1—Gratitude is an expression of joy and thankfulness of everyday life. Small or large events; a sunset, a book, a simple meal, or a neighbor who waves can make your day noteworthy.

#2—Practice gratefulness as often as you can in these 3 simple steps:

1. **STOP:** Pause and notice
2. **LOOK:** Become aware of the gift around you
3. **GO:** Take action based on your gratefulness

#3—Your personal style impacts the way you see the world and the way you express what is already present, plenty, and abundant in your life. ***Success in life is noticing and appreciating that life itself is a gift and that small, grateful acts every day can make a difference for yourself and others.***

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We are very grateful for YOU! Thank you for your kind words, your notes, and sharing how our ***Everyday DiSC*** and ***Attitudes for Success*** are reminders of what matters most; a resource of service and caring to help people live their best life. We love hearing from you!

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