

Green County Leaders
Grounded in Gratitude Cliff Notes

Why Gratitude is Good

Nice source of research-based information: <https://greatergood.berkeley.edu/topic/gratitude>

Research shows that people who practice gratitude consistently report a host of benefits:

Physical	Psychological	Social
<ul style="list-style-type: none"> • Stronger immune systems • Less bothered by aches and pains • Lower blood pressure • Exercise more and take better care of their health • Sleep longer and feel more refreshed upon waking 	<ul style="list-style-type: none"> • Higher levels of positive emotions • More alert, alive, and awake • More joy and pleasure • More optimism and happiness 	<ul style="list-style-type: none"> • More helpful, generous, and compassionate • More forgiving • More outgoing • Feel less lonely and isolated

4 Ways Gratitude is Good

1. Gratitude allows us to celebrate the present.
2. Gratitude blocks toxic, negative emotions, such as envy, resentment, regret -- emotions that can destroy our happiness.
3. Grateful people are more stress resistant.
4. Grateful people have a higher sense of self-worth.

Gratitude Practices

- One Green County Leader wrote the book! Check out Gina Butson's book [30 Days of Thanks](#).
- Write a gratitude journal.
- Before you go to sleep, think of three good things that happened today.
- Write what you're thankful for and keep it in a jar, or stick to a paper tree.
- Type all the things you're thankful for and drop them in an online word cloud. There are lots of free programs, just Google "word cloud generator."





This year, let's take our gratitude one step further.

“Gratitude dies when you think it but don't SAY it.”

The practice of “aspirational gratitude” elevates you AND energizes the people around you. Think of gratitude as pouring energy into others.

Grateful-for:

The simplest form of gratitude is grateful-for. Perhaps stretch yourself a bit to think about:

Grateful-to:

When you say, “I'm thankful,” you refer to yourself. Speak directly to the person instead. Use their name. This is a great way to supercharge your gratitude!

4 Tips When Being Grateful-To:

1. Use the person's name at the beginning of the sentence.
2. Notice quality work.
3. Notice the impact of work.
4. Notice character qualities.

Directly addressing gratitude humbles you. Humility multiplies the impact of gratitude.

I challenge you to humbly embrace “aspirational gratitude,” and speak directly to people when expressing gratitude. Say it out loud!