

The Power of Gratitude

grat·i·tude:

the quality of being thankful; readiness to show appreciation for and to return kindness.



The Evolution of Gratitude

- Research shows that primates — and many other species — often help each other with the expectation that the gesture will be reciprocated.
- Our earliest ancestors practiced gratitude, realizing that cooperation was essential for survival.
- Gratitude also plays a significant part in many religious traditions, reinforcing thankfulness and dependence on higher powers.

Taking the time to share your gratitude with others takes a moment, but the impact may be long lasting.

Here are some ways to get started:

- **Write** and send a complimentary personal note to someone.
- **Share** your appreciation about someone with others.
- **Thank** people regularly.
- **Pay** it forward after receiving a kind gesture.
- **Leave** positive reviews.
- **Tip** extra for great service.
- **Take** time to fully listen to someone without interrupting.
- **Send** someone a meaningful photo of a shared experience.
- **Surprise** someone by taking care of a chore they normally do.
- **Fix** a lingering problem.
- **Connect** like-minded people together.
- **Attend** an event with a family member or friend.
- **Commit** to taking a deep breath and silently offer someone grace before a problem accelerates.

The Power of

Gratitude

I am grateful for your ongoing friendship and support. If there is anything I can help you with, just let me know. I can also refer you to a trusted professional in my network. And oh, by the way...I'm never too busy for any of your referrals!