



The Attitude of Gratitude !

Monday Mindset

Your Coaching Matters

Coaches Donna & Mike Stott

Grat·i·tude

/ˈgradəˌtʊd/



noun

1. the quality of being thankful; readiness to show appreciation for and to return kindness:
"she expressed her gratitude to the committee for their support"



Madhuleena Roy Chowdhury explored the neurological impacts of gratitude in her 2019 piece “The Neuroscience of Gratitude and Effects on the Brain” Chowdhury explains that physiological effects of gratitude start at the neurotransmitter level.

When we express or receive gratitude, our brains release dopamine and serotonin, the chemical messengers responsible for making us “feel good,” she explains.

They immediately enhance feelings of happiness, calm, focus, motivation, and contentment, thus providing the neurological rewards that reinforce life-affirming behavior, she continues. Practicing gratitude on an ongoing basis can help strengthen these neural pathways and create an enduring positive disposition within an individual, she says. This can translate into better physical health in a number of ways. For example, it's common knowledge that sleep is one of the keys to good health. Inadequate sleep puts stress on the body and can lead to a host of unhealthy conditions. A clinical study published in the Journal of Psychosomatic Research found that grateful people tend to fall asleep faster, experience better quality sleep, and be less fatigued during the day.

Other studies show a link between practicing gratitude and better heart health, lower blood pressure, and reduced systemic inflammation. While there's much we still don't know, Chowdhury says there is mounting evidence that gratitude is an important predictor of a healthy lifestyle.



Emotional Resilience

Beyond one's physical health, a grateful disposition builds our emotional resilience—what some refer to as “inner strength.” Many psychologists believe resilience is determined by a combination of several qualities, including honesty, humility, optimism, empathy, and patience. These qualities help us to combat stress and bounce back from adversity.

Research shows that gratitude is another such quality. It bolsters our emotional resilience by motivating us to focus on the positive things in life. At the same time, **it helps fight off toxic emotions, such as envy, anxiety, jealousy, and resentment, by prompting us to turn our attention outward**, rather than solely on ourselves.

Social Benefits

Allen goes on to say that gratitude is also a crucial factor in forming and maintaining good personal relationships, in part because it inspires people to be more kind, helpful, and generous. A simple thank-you—given or received—can build rapport among acquaintances and make them more likely to seek a continuing relationship.

Gratitude also reduces the onerous tendency toward social comparisons, according to Allen. **Instead of becoming resentful of others, grateful people tend to acknowledge and appreciate the accomplishments of others.** This leads to more opportunities to form quality relationships and encourages people to engage in behaviors that will prolong them.





Dr Maria Nemeth:

The aim of coaching is to help you reach your goals and dreams by being a conscious conduit of energy. You have started to see that goals are not necessarily about having “more” in your life.

You may have realized that you can bring enjoyment and gratitude to virtually any situation or circumstance. If abundance is not necessarily about having “more,” then what is it? What does it mean to have abundance and how is gratitude the gateway for getting there?

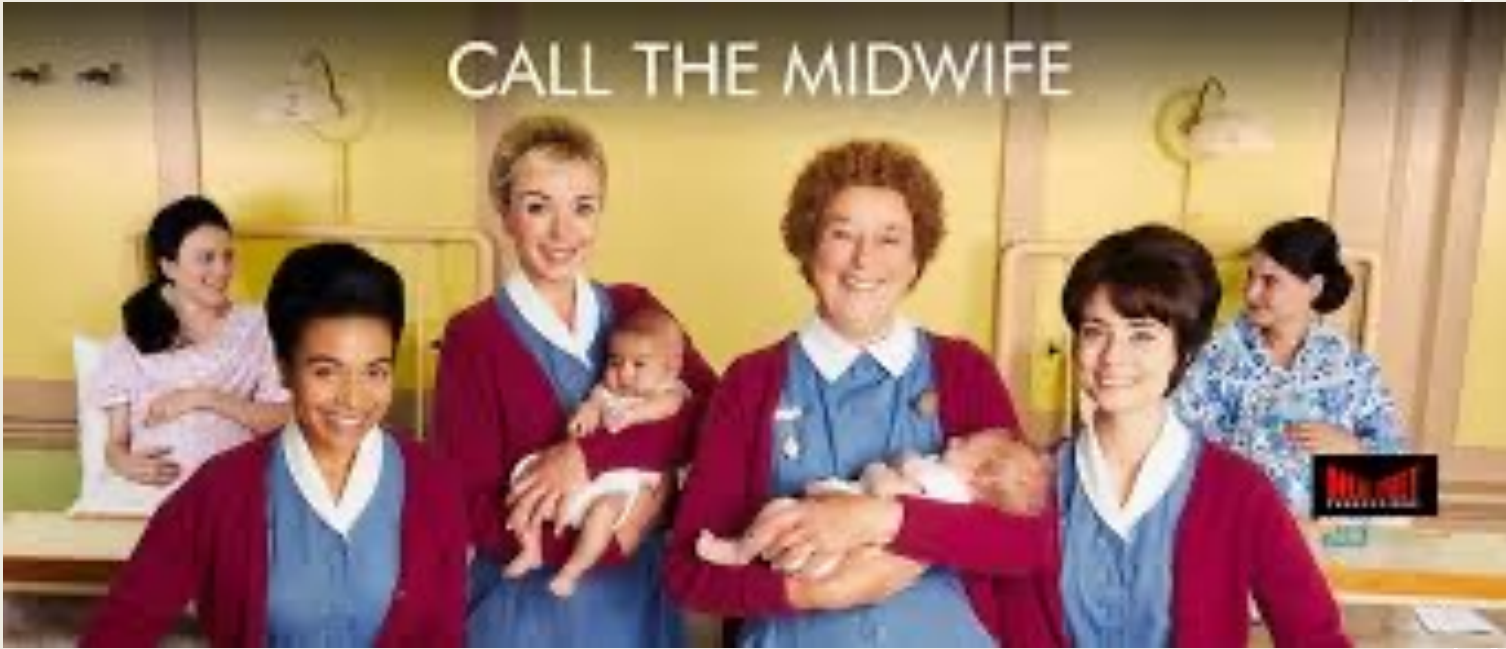
What Is Abundance/Prosperity?

- Everything we experience in life—happiness and sadness, good and bad times, joy and sorrow, play and work, scarcity and plenty, health and wellness—are all a part of being alive.
- Abundance is all of it, even the bitter moments that serve to teach us to wake up.
- Prosperity comes when you participate fully in every aspect of your life. You're not pushing away anything. Instead, you're using everything as an opportunity to practice spiritual principles.
- When you are willing to learn from everything, you are in that moment prospering. From this we can see that prosperity occurs now, every time you are willing to be fully present to your life.

Gratitude means that you note and see whatever is put before you. It does not mean that you jump for joy at whatever occurs in your life. **You are willing to let it be there,** doing nothing to postpone whatever lesson or opportunity comes from fortune or misfortune. **The key to personal and spiritual growth is bringing gratefulness to your every day circumstances, no matter what they may be.** How do you become grateful to everything?



We love this show because it shows people living gratefully



Seven Ways to Develop Gratitude

How to Practice Gratitude

Being thankful is often no more than a temporary response to a specific good, such as receiving a gift or avoiding adversity. For some people, however, gratitude is a way of life. Counting blessings and giving thanks is something they do on a regular basis, not just on certain occasions. Here are some steps you can take to cultivate a grateful disposition in yourself:

1. Take nothing for granted. When we recognize that every day is a gift, the natural response is one of gratitude. Take a moment to reflect on the things in your life that sustain you: your health, your friendships, the beauty of nature, etc. You may not have to search very far to find reasons to be thankful. Jay Shetty cites the research of Robert A. Emmons, a leading scientific expert on the science of gratitude, where he lists lower blood pressure, improved immune function, and better sleep as positive side effects of gratitude. Emmons' studies also showed that gratitude can lessen depression, anxiety and substance abuse disorders, and it can also help prevent suicide.

Seven Ways to Develop Gratitude

2. Savor the little things. Take the time to appreciate the common, everyday things that bring you surprise, joy, and appreciation for others. You don't have to wait for special occasions or reserve your thanks for some major windfall. Simply thinking about a few good things in your day captures the spark of gratitude, activating its physiological and psychological benefits. This helps reinforce gratitude as a daily habit.



Seven Ways to Develop Gratitude

3. Write it down. Committing ideas to paper can be an effective way to organize your thoughts. Whether you make a list of what you're grateful for (and to whom), or keep a gratitude journal, the process of documenting your thankfulness can help you develop a grateful mindset.

“When you go deeply into the present, gratitude arises spontaneously, even if it's just gratitude for breathing, gratitude for the aliveness that you feel in your body. Gratitude is there when you acknowledge the aliveness of the present moment; that's the foundation for successful living”

ECKHART TOLLE

Seven Ways to Develop Gratitude

4 Speak the language of gratitude. Grateful people have a particular way of communicating that affirms the positive. Speaking in terms of gifts, good fortune, blessing, abundance, and the things that enrich your life can help you keep feelings of gratitude top-of-mind.

30 Ways to Show Your Gratitude

1. I look up to you because... I couldn't have done it without you... You boosted my day when... A heartfelt thank you for... You made a difference when you... I was so encouraged by you when... If I could give you a standing ovation... You boosted my day when you... How can I repay your kindness? You were such a help when you... All the credit goes to you for... You made my heart smile when you... You were like a ray of sunshine when you... You are a lifesaver... You made my day when... You are amazing... I want to acknowledge... I felt blessed when... You were so generous when you... I wanted to recognize the time when you... What would I do without you? It was such a surprise when you... I will always remember the time when... The world needs more people like you... It was so thoughtful when you... It was so awesome of you to... I could tell you were rooting for me when... I felt so special when you... Can we take a minute to acknowledge what you did for me... What you did meant so much to me...

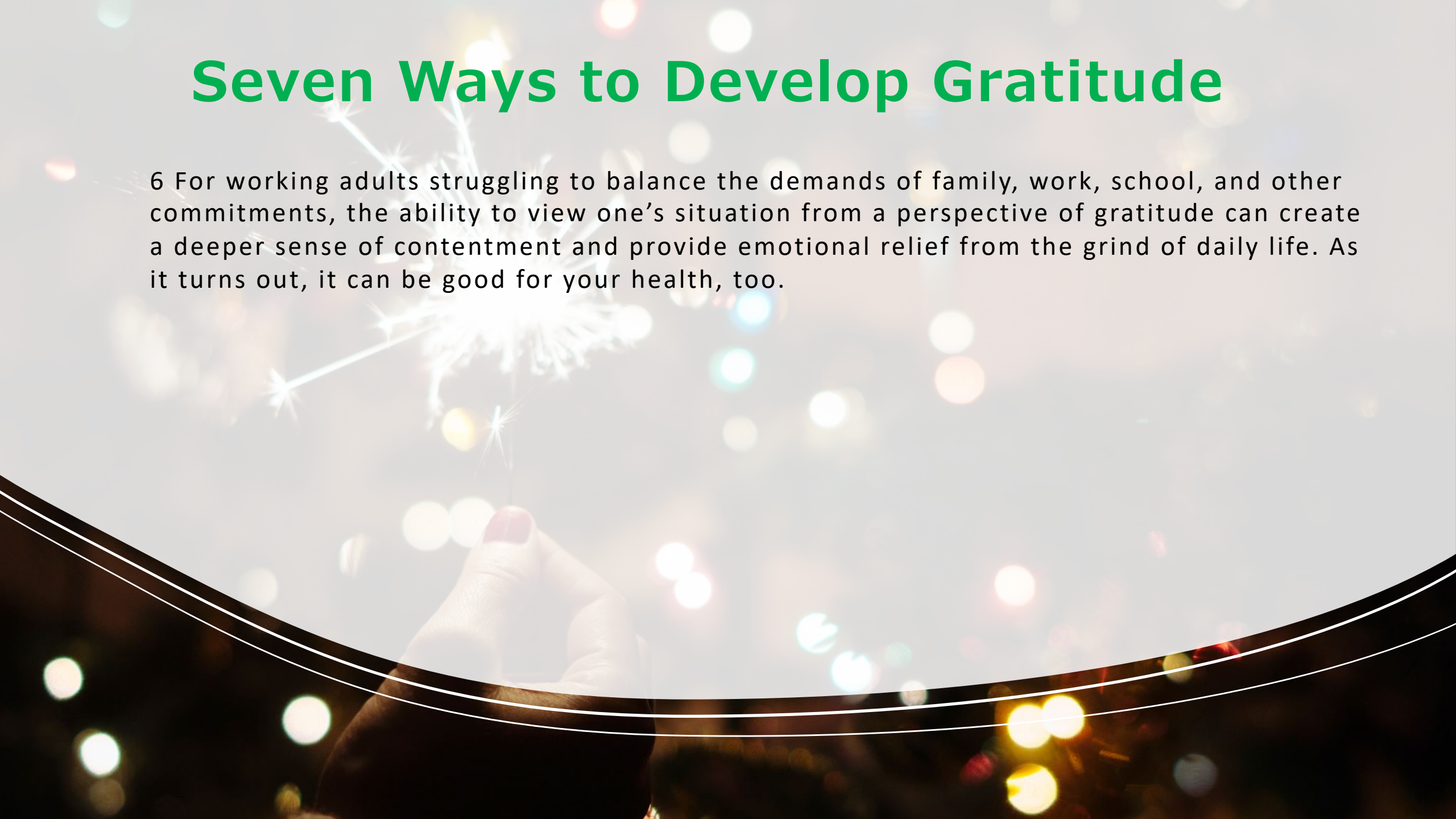
Seven Ways to Develop Gratitude

5. Show gratitude to strangers. Expressing gratitude in your daily interactions, even for minor courtesies, activates those neurotransmitters and creates good feelings all around, if only for the moment. The more you experience those moments throughout your day, the brighter your days will become, and the more gratitude will become a natural tendency in your life that amplifies relationships, resilience, and wellbeing.



Seven Ways to Develop Gratitude

6 For working adults struggling to balance the demands of family, work, school, and other commitments, the ability to view one's situation from a perspective of gratitude can create a deeper sense of contentment and provide emotional relief from the grind of daily life. As it turns out, it can be good for your health, too.



Seven Ways to Develop Gratitude

7. Write a specific personal note to someone every day! Lets all pledge to do this

Here's a good guide: <https://www.postable.com/blog/how-to-write-a-thank-you-note-the-ultimate-guide/>

1. It is *always the right thing* to do. 2. It can *make the difference* in getting the scholarship or getting the job or the client or future donations. 3. It *sets you apart*. 4. Gratitude is *good for the brain*. Some studies have shown it also reduces aches and pains and has other health benefits. ([Pers Individ Dif](#). 2013 Jan;54(1):92-96). 5. It will *make someone's day*! Having a handwritten letter amongst a pile of bills and junk mail is heartwarming. 6. It is an opportunity to *reflect on our gratitude* and appreciate the time and energy someone put in to do something nice on our behalf. 7. It *serves as a keepsake* - - no one typically saves an email or a text but a letter, definitely! 8. It perpetuates an important part of our culture and *contributes to a lost art*. 9. It shows you to be a *thoughtful and appreciative* person. 10. It lets the giver know that you did indeed receive their gift.

Bonus- Be Coached by YCM

Our coaching will use all of your life's experiences (abundance) and the continual discovery of gratitude in your everyday life to move you forward on your path. In those moments you will truly experience clarity, focus, ease, and grace.