

Attitude of Gratitude Study Guide



How to Use This Study Guide

The Study Guide for this course is designed to help you take notes as you're taking the online course "Attitude of Gratitude". It is organized in sections that mirror the elements of the course, with plenty of room to make notes and capture your learning.

The use of the Study Guide is optional. Research shows that different people learn differently, and for many, the act of writing something down as you are learning helps to solidify the information in your brain. If you find the Study Guide helpful, use it. If not, feel free to omit it from your learning process.

Course Overview – Attitude of Gratitude

Gratitude – the expression of appreciation – has been around ever since, and probably before, humans were on this planet. With that said, gratitude is a relatively new concept in the field of science. For the first time in history, we're starting to see how being grateful can bring value, vitality and happiness to ourselves and those around us in diverse and meaningful ways. We're learning that gratitude affects how we sleep, how we interact with others, how much we enjoy our job and so much more. This course will take a look at the concept of gratitude, uncover the new scientific findings in the field and share some clear ways you can deepen your practice of gratitude and start seeing results almost immediately.

Learning Objectives – Attitude of Gratitude

- Learn the benefits of being grateful
- Understand the science behind gratitude
- Learn practices for growing an attitude of gratitude
- Learn ways to express gratitude everyday
- Learn how to cultivate a culture of gratitude at work

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Attitude is a choice we make each day. People have a tendency toward a positive or negative attitude. The only way to change is by proactively aligning attitudes toward positivity, abundance and gratitude.

Gratitude means thanks and appreciation. ... Gratitude, which rhymes with "attitude," comes from the Latin word gratis which means "thankful, pleasing." When you feel gratitude, you're pleased by what someone did for you and also pleased by the results. Unlike indebtedness, you're not anxious about having to pay it back.

The 3 Benefits of Being Grateful

"Gratitude is a lifestyle and mindset choice that will drastically change your life and your business as an entrepreneur".

	List the three biggest reasons why you need a gratitude practice	How do you change an attitude to gratitude?
1		
2		
3		

List the 5 Ways Gratitude Directly Affects your Health

	Strategy
1	
2	
3	
4	
5	

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A study by _____, an “appreciation consultancy” has shown that appreciation and recognition are three times more desired than autonomy, promotions, fringe benefits, and even salary increases.

When asked, “What is the most important thing a manager or company currently does (or could do) to cause you to do great work?”

Complete this quote by Robert Emmons

“Practicing _____ is like _____.”

OC Tanner has been at the forefront of recognition practices and research for over 85 years, has conducted many studies on how gratitude and recognition impacts the work place. Below are the 5 of their key findings.

Point 1

78% of employees are highly engaged when they experience _____.

Point 2

Which ____% of employees are highly engaged when they experience strong recognition?

Point 3

Recognition impacts engagement at a rate of 2 to 1 in which areas:

1. _____
2. _____
3. _____
4. _____

Point 4

Employees who receive strong recognition are _____ more likely to be proactively innovating AND generate _____ as many ideas per month compared to those who aren't recognized well.

Point 5

Companies who do an excellent job of celebrating service anniversaries gain an additional _____ of tenure vs. companies without a program.

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3 Ways to Create a Culture in the Workplace are:

	Strategy
1	
2	
3	

Exercise #1

Make a list of people who have had a positive influence on your life and put a check mark next to those whom you have not adequately thanked. When you've finished your list, write a thank you letter to the one person whom you feel the need to thank the most.

	List people who have had a positive influence on your life.	Put a check mark next to those you have not adequately thanked.
1		
2		
3		
4		
5		

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Exercise #2

Think about someone, living or not, who has had a deep and positive influence on your life. Got that person in mind? Okay, good. Take the next 10 minutes and write in your journal a letter to that person sharing with them how much they mean to you.

Done journaling? Okay, cool. Now call that person. Read them the letter. If they're no longer alive, still read them the letter out loud. Don't worry. They will hear you.