



Life is better lived and much fuller ...with the consciousness of being Grateful and Thankful!

For some people, the attitude of gratitude does not come easy. This is often when they have had to EARN acceptance and love. Maybe they are not wired to process information in a manner which highlights the human costs and sacrifice involved. Maybe they have not been socialised to VALUE a cooperative approach to production, or have a world view which espouses that the world/ society/ the government OWES them something. Gratitude can be a huge incentive to respond with grace and favour which has its own reward.

Recently I provided an opportunity for a past student, now a teacher and mum, to assist with a task. She expressed gratitude for having given her a lift to school on the occasions when she missed the bus. The decision was not based on economics or what she could get out of it – pure gratitude, *or so she said...*

My family lived in a poor communist country where bureaucracy had been perfected. Our gratitude attitude made it possible for us to reframe and endure, and even to draw energy from a good belly laugh. We were thankful for small things. So this Tool is to assist those who find gratitude difficult, to cultivate the belief and the habit and to deal with a barrier which will rob them of their potential for greatness.

### **Have you heard the true story of Albert Jackson, a car assembly worker?**

*Albert worked on a car assembly line hanging car doors. His colleagues often complained about their repetitive jobs and difficult working conditions, but Albert was always smiling and happy and joked his way through the day.*

*One day the General Manager visited the plant, he had heard of Albert's attitude to his work and was to present him with an award. At the presentation and before all his working colleagues, the General Manager, perhaps wanting to apply the knowledge to his own job!, asked Albert what the secret was that enabled him to approach his work so positively.*

*Albert replied that he felt he had a **very** important job hanging car doors.*

*Whoever was buying the car he was helping to assemble had probably worked hard to save the money to buy it, and his part in this was to assemble the car door to the best of his ability.*

*He said that it gave him a **great** feeling to think that if he took the time to hang and align the door properly, that every time the new owner closed the door, heard the reassuring clunk and felt the door close securely, that they would feel good. If they were having a hard day it might even help them feel a little better.*

*The thought that what **he** did could help **others** to feel good in turn meant that Albert felt happy and fulfilled in the knowledge that what he was doing was positively contributing to the lives of others.*

### **They say that gratitude is an attitude... therefore a choice!**

The next time you enjoy a simple pleasure like buying a loaf of bread, taking public transport, listening to the radio or Skyping your friend, think of the people and circumstances which have made that possible. With this picture in mind, like the little boy saying grace and thanking all the farmers and truck drivers who made breakfast possible, embark on a game where you identify the likely people over the past generation who have contributed to the 'common good' from which you benefit, largely without contribution, save for some money at point of purchase.

Make a List of things and (possibly) people you have taken for granted...then think of **1 way to restore your gratitude** (thankfulness) towards it.

**Things** I take for granted

- 1) My modern lifestyle \_\_\_\_\_
- 2) My car \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

**People** I take for granted (example):

- 1) My spouse \_\_\_\_\_
- 2) My boss \_\_\_\_\_
- 3) The check-out person \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Next Steps:**

- 1) **Go back and list how you might show gratitude** eg a word of affirmation, a gift etc
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>. Post on YOUR Forum using our I-M-P-A-C-T approach:

**I** = Issues I am facing

**M** = My to do list right now

**P** = Plans to implement in the next one to three months

**A** = Attitudes right now; what I am feeling

**C** = Clarity needed on some issues

**T** = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum

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- 5) If you are a Member, you can participate in "Active" forums, where your Coach can communicate and monitor your progress...in this journey together.