

The Power of Gratitude

Gratitude is the key to happiness. Our goal as humans is to find happiness by chasing different ideals: success at work, happy family life, material assets, etc. Many of us think once we've found success that happiness will follow. In fact, success follows happiness which flows from gratitude. Understanding how to think about gratitude as the key to happiness can help you shift your perspective.

Negativity bias is an obstacle to practicing gratitude. Our brains are hard-wired to focus on negative stimulus and evolved this way for good reason: to keep us out of harm's way. After all, a tiger hiding in a bush is more important to notice than the beautiful landscape around it. But in a world where our brains react to (and retain) the negative, our society has organized itself to capitalize on and magnify the bad. Negative news sells. Social media loves to spread things that went wrong. No one likes to share gossip about things people did right.

Succeeding in the midst of this requires intentionally retraining our brains to pay attention to the good in our lives. Typically there is much more of it than we realize and the simple habit of writing down the good things we are grateful for can retrain our eyes to see the world through a different lens.

Further Insights



'The Happiness Advantage' by Shawn Achor

Read Shawn's book about positive psychology and how happiness fuels success, not the other way around.



TEDTalk: 'The Happiness Advantage' with Shawn Achor

Shawn's TEDTalk argues that rather than working hard in order to be happy, happiness inspires us to be better and more productive workers.

bitly.com/mindsetgratitude



Winning Thoughts: Consider That You 'Get To.'

Listen to Dylan's podcast about shifting your mindset from 'I have to' to 'I get to.'

Take the Gratitude Challenge & Listen to the Podcast



Gratitude Resources



Gratitude Focus Worksheet

Use the included worksheet to think through how to recognize and show gratitude for the people, opportunities and growth in your life.



Daily Planner

Organize your tasks, priorities, wins and gratitudes with this daily planner. Use it to keep a positive focus, recognize wins and acknowledge relationships.



Gratitude Calendar

Challenge yourself to spend one month thinking through and recognizing who and what you're grateful for every day.

The Gratitude Challenge

Training yourself to think though, express and communicate your gratuudes takes time and practice. The Gratitude Challenge is a way for you to build habit of thinking creatively about the people, opportunities, growth and things in your life that you are grateful for. Follow the steps below and use the included resources to take the Gratitude Challenge so that you can make expressing gratitude a daily habit.

START YOUR GRATITUDE CHALLENGE

1 Reflect on different areas of your life.

Think creatively about the different aspects of your life that you are grateful for. How can you show appreciation, not only for others, but for your own abilities and talents?

If you're struggling, use the Gratitude Focus to think through how to recognize and show gratitude for the people, opportunities and growth in your life.



2 Start by writing 3 gratitudes every day.

Begin to create a daily habit by writing down three things you are grateful for. You can write these in a journal, on your phone or even on Post-It notes and stick them to your fridge or bathroom mirror so they're top-of-mind throughout the day.

Included here is the Daily Planner to help you keep a positive focus, recognize wins and acknowledge relationships.



3 Grow by writing gratitudes for 30 days.

Write down your gratitudes every day for one month. Start to reflect on what you write. Are there patterns? Frequently repeated gratitudes? What might these tell you about what's happening and is most important in your life right now?

The Gratitude Calendar is a good place to write down your daily gratitudes for the month.



4 Deepen relationships with your gratitudes.

As you write your gratitudes every day, choose one to communicate to whoever it pertains to. If you find yourself frequently feeling grateful for a family member, friend or even coworker, how can you recognize it and communicate it to them?



APPRECIATING YOUR LIFE

List five things you're most grateful for right now.

APPRECIATING PEOPLE'S ABILITIES

List five people with Unique Abilities you appreciate.

APPRECIATING YOUR OWN TALENTS

List five qualities you are known for.

APPRECIATING OPPORTUNITIES

List three opportunities in your life that you want to take advantage of.

APPRECIATING YOUR GROWTH

List three qualities you want to develop in the next year.

APPRECIATING YOUR GRATITUDE

List three actions you can take to share your gratitude with others.

GRATITUDES

List three things you're grateful for today.

POSITIVE FOCUS

List three wins from yesterday.

TO-DO'S

List the tasks that need to happen today.

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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PRIORITIES

List the three most important things to do today.

- 1.
- 2.
- 3.

EASY WINS

List the three tasks that can be done quickly to build momentum.

- 1.
- 2.
- 3.

KEY RELATIONSHIPS

List the essential people, meetings and communication that need to happen today.

Name:	Name:	Name:	Name:
Topic:	Topic:	Topic:	Topic:

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