



ATTITUDE OF GRATITUDE

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Let's Talk
Gratitude

I love what I do,
all/most/some
days... but today is
not the day.





It is ok to feel
grateful and
annoyed at the
same time.

Gratitude is not
about ignoring
the reality - it is
about adjusting
the lens.

-Alecia Wellen

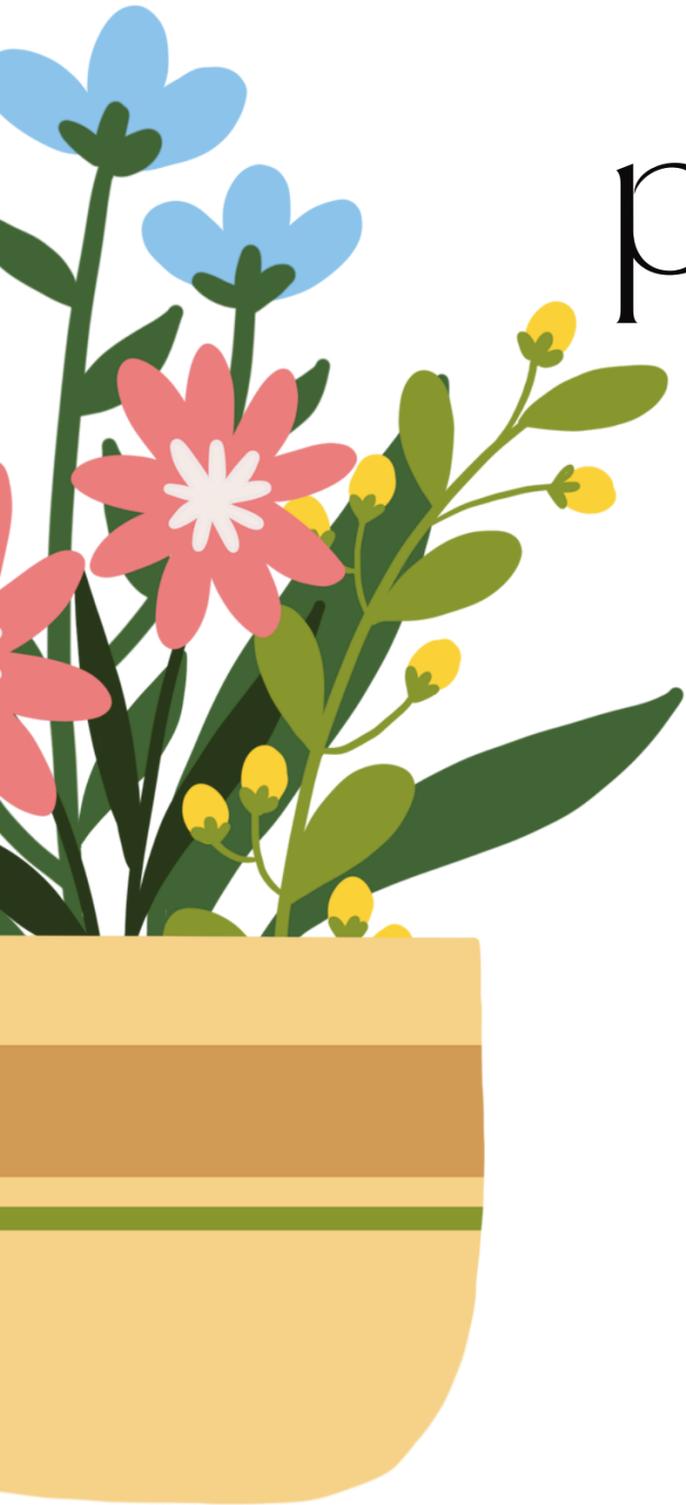


Gratitude is a performance enhancer

Benefits of gratitude

Impact on the students

Your overall joy/happiness





Gratitude on campus

What are you grateful for?

How can you show it?

- Say thank you
- Send a note/email
- Let their boss know
- Give 'em a shoutout

Easy Gratitude Habits

- Morning Check-in
- Pay forward the gratitude
 - Pause before venting
- Use humor when possible





Let's Try It!



GO AND BE GRATEFUL

- Think of one colleague, one moment or one small win from the past 2 weeks.
- Let that person, or people, know with a "thank you" or a "hey I was just thinking about... and it made me smile"

Gratitude turns what we have into enough
- and sometimes even a little joy.

We don't
have to love
every minute
of our work,
but we can
still love the
mission, the
students and
each other.

