



### Being Grateful

As each year ends, people are filled with gratitude and thankfulness. It is especially prominent on social media starting in November with the “30 Days of Gratitude” and daily posts of something for which they are grateful. But what about the other ten months of the year? Why not be grateful *every day*?

It’s a new year. Now we see “new year, new you.” But instead of empty promises of resolutions unfulfilled, forgotten and ditched within a few months of the year, how about a new approach? Something small and attainable that you focus on daily.

Darren Hardy has a great book, *The Compound Effect*, about habits and small changes and it’s required reading at The Program. We believe in his approach because it works. Unfortunately, instead of making small changes that can become good habits, people make New Year’s resolutions that are too large and unsustainable. After a few weeks of trying, they quit cold turkey and go back to their bad habits.



Here is a different approach: instead of only being grateful for 30 days in November, or possibly November and December, wake up *every day* and think of something for which you are grateful. Stop and think of one thing that you're grateful for right now:

Family, Friends, Teammates, and health are probably a few that quickly come to mind, but it can be about anything.

- A good book on a rainy day
- A job that even if you don't love it, affords you the lifestyle you enjoy

It can be something that happened yesterday or ten years ago.

- A safe landing for every takeoff, especially on those dark nights, to a ship on an unforgiving ocean far away
- A parachute that opens

It doesn't need to be a positive experience either – I know I'm grateful for the challenging lessons that have shaped my character and allowed me to grow; like

- the drive home from a swim meet when I didn't give it my all, and my Dad questioned my commitment

As this year begins, I know it is going to be a challenge with many *unknowns*: my husband retires from the navy, he's starting a career in the civilian world, we face yet another move, new schools and friends for our daughters, yet I'm most grateful for the one *known* that will help us face it together: a strong marriage. I challenge all of us to be grateful *every day*. Our perspective will not only create a positive attitude, that positive attitude will be contagious.

One thing for which you are grateful every morning. Attack!

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