

# GRATITUDE TOOLKIT

## grat-i-tude

[grat-i-tood, -tyood] noun

1. the quality or feeling of being grateful or thankful

### Toolkit List

#1: Gratitude Board

#2: Mental Mints

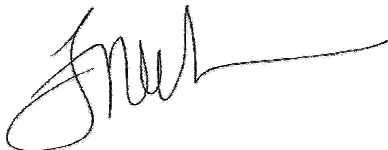
#3: Gratitude Gateways

This toolkit includes three tools you can use to foster gratitude in your organization and at home. Access the training video for information on each tool:

<http://www.yourexcellerant.com/resources/videos/>

Do not use these ON someone, use these WITH someone. What's the difference? Attitude. When you use these with someone, you are using them to help them prosper. As they prosper, so do you, so does the team.

I am grateful for you.



Frank

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## # 2 : Mental Mints

### Refresh Your Mind, Reset Your Attitude

**Refreshing Thoughts:** Personal statements which are positive and uplifting.

I am a positive person.	I have peace, joy and harmony in my life.
I am loved by people I cherish.	I am intelligent and always learning.
I am on target and on track for success.	I am healthy, happy and full of life.
I am excellent at giving full effort.	I am a Freak – remarkable and unique.

*Now write down your own 10 statements.*

**Invigorating Quotes:** Others' statements which are positive and uplifting.

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."  
--Dr. Seuss

"Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all."  
--Norman Vincent Peale

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."  
--Henry David Thoreau

"Far better is it to dare mighty things, to win glorious triumphs—even though checkered by failure—than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat."  
--Theodore Roosevelt

"Embrace Your Freakness!" --Frank Keck, CSP

*Now write down 5 of your favorite quotes.*

**Reset Your Attitude:** Change your mental state in a flash.

1. Put a smile on your face, a big, toothy, and uncommonly goofy one.
2. Recite your BrainFrame—a great moment in your life, tied to a specific physical movement.
3. Think of 3 things you are grateful for in your life and how each makes you feel.
4. Engage in repetitive physical or mental activity that breaks prior thought patterns.
5. Immerse yourself in some expression of your personal belief system.
6. Total abandon (surrendering)
7. Participate in a significant absorbing personal encounter.
8. Be deeply engaged in an altruistic activity.
9. Fill your mind with one dominant sensory impression such as a particular sight or sound, e.g. visualizing or listening to music.



# # 3 : Gratitude Gateways

## Improve How You Show Appreciation

To have your appreciation well received, you should give gratitude to others the way it is most important and impactful to them.

There are five Gateways through which people receive appreciation.

### 1. AdHoc Service

Something special you do for someone to show you appreciate him/her, such as taking out the trash without being asked, helping finish a report, or doing something to help without being asked to do so.

### 2. Affirming Words

Words that tell a person what you appreciate about her and why it is important to you. See the Giving Pie video for an excellent technique:

<http://www.yourexcellerant.com/resources/videos/>

### 3. Attention Time

Spend time with them and pay attention to them. Make them your only focus in the world.

### 4. Authentic Touch

A high five, a pat on the back, a fist bump-a physical touch that is desired and acceptable.

### 5. Added Bonus

Something they did not ask for-a little something extra: a cup of coffee, a donut, lunch, movie tickets-some type of gift that says "I appreciate you."

Ask them to rank how they receive appreciation from 1 to 5 with 1 being the highest so you can personalize the delivery of gratitude and make it most meaningful to them.

<b>Gateway</b>	<b>Rank at Home</b>	<b>Rank at Work</b>
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*Ad Hoc Service*

*Affirming Words*

*Attention Time*

*Authentic Touch*

*Added Bonus*