

How to Build Your Gratitude Muscles

July 2020 | LinkedIn Article by Dr. Thomas Epperson



In the last few years, there's been a growing body of work on positivity with a focus on the power of gratitude. In a Harvard Medical School study, researchers found that if you have a gratitude practice, in other words, if you spend every day taking a minute to think about all the things that you are genuinely grateful for, you will feel more positive, relish good experiences, improve your health, deal better with adversity, and build stronger relationships. And over time, practicing gratitude gets easier and has a bigger impact.

It is a powerful practice to engage in. Great leaders have an attitude of gratitude. The power of gratitude helps leaders inspire and motivate others and a grateful leader earns the trust and respect of employees and peers alike. Practicing gratitude can and should be incorporated daily.

Focus on giving thanks 365 days of the year. If you are looking to build your own gratitude muscles, here are some steps you can take:

1. **Look for praiseworthy actions.** They are all around you, all the time.
2. **When you see something, say something.** Tell the person how his or her actions impacted you in a positive way.
3. **Get your intent right.** The more genuine you are, the more effective you will be.
4. **Don't wait for earthshaking actions.** Sometimes letting someone know you appreciate the little things is enough. Put enough little things together and you get something amazing.
5. **Practice.** If you find yourself grudgingly praising extraordinary efforts, you will never develop the skill, and miss out on the upside of strong gratitude muscles.

This holiday season and beyond, I encourage you to reach out to the people in your life and genuinely thank them for the impact they have. Whether it's at work or at home, it's a powerful tool.

How do you practice gratitude each day? I'd love to hear from you.

Learn more about Values Based Leadership and InnerWill Leadership Institute at www.innerwill.org.

INNERWILL

LEADERSHIP INSTITUTE

For more information and articles on
Values Based Leadership follow us on:



BETTER PERSON BRAVER LEADER WISER WORLD®

innerwill.org 844.898.WILL info@innerwill.org

© 2020 InnerWill Leadership Institute. All rights reserved.