Practicing Gratitude and Generosity in Everyday Living
Ali Threet
Goal: Get your mind thinking and your mouth talking!

Time Frame: 3 minutes

Questions:
- What is Gratitude?
- What is Generosity?
The ability to **recognize** and **acknowledge** the good things, people, and places in our lives.

- **We affirm**
  - Good things in the world
  - Gifts and benefits we’ve received

Gratitude builds and strengths interpersonal bonds and friendships and enhances social behavior.

We recognize that the sources of this goodness are outside ourselves.

A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love and well-being. - James E. Faust
The virtue of giving **good** things to others freely and abundantly.

- Financial Giving
- Possessions
- Time
- Attention
- Aid
- Encouragement
- Emotional Availability
- Benefit of the Doubt

“Giving brings happiness at every stage of its expression. We experience joy in forming the intention to be generous; we experience joy in the actual act of giving something, and we experience joy in remembering the fact that we have given.” Buddha

Not giving things simply in abundance - giving things that are beneficial to others.
### Gratitude

- **77%**
- of people surveyed said they thought about gratitude at least a couple times a week
- More than 2,000 online interviews – John Templeton Foundation

### Generosity

- **58%**
- Of Americans reported doing something generous within the past month
- World Giving Index (2018)
  - Helped a stranger
  - Donated money
  - Volunteered time to an organization

### Why the discrepancy?

**Abundance Mentality**

**or**

**A Sense of Abundance**

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In an abundant mentality, people share freely and understand that everyone can grow and succeed together.
Scarcity mindset revolves around the idea that there simply isn’t enough to go around. A person feels they have less than they need.

Individuals view their life through the lens of loss, which may lead to burnout, hostility, and resentment.
  – Common words: I don’t have enough…. time, money, love

Abundance mindset believes there is plenty out there and enough to spare for everybody.
  – Common words: blessed, gifts, fortunate, abundance
Benefits of an Abundance Mentality

❖ Having an abundant mentality opens possibilities, options, alternatives, and creativity.
❖ People share freely and have the understanding that everyone can grow and succeed together.
❖ Every individual has something unique to offer the bigger community with a focus on giving to others and bettering the whole.
❖ An individual can appreciate the uniqueness, the inner direction, and the proactive nature of others while recognizing the possibilities of positive interactions.
❖ The abundance mentality has positive effects on relationship and may provide a shift in thinking.
❖ People can be genuinely happy for other’s success knowing that it in no way diminishes or lessens what they can accomplish.
❖ There is a general feeling that we all grow and succeed together.

“An abundance mentality springs from internal security, not from external rankings, comparisons, opinions, possessions, or associations.”- Stephen Covey
Gratitude and Generosity are the Gateway to Joy

Enhances willpower
Strengthens Relationships

Gratitude, Abundance Mindset, Generosity Model

Intentional Attitude of Gratitude

Reflection
Practices

Abundance Mentality

Increased Generosity

Happiness
Boosts Creativity
Avoidance of depression
Deepens Spirituality

Improves Bodily Health
Increases Self-Esteem
Greater Purpose in Living
Enhances willpower
Strengthens Relationships
Gratitude and Generosity are the Gateway to Joy

Gratitude, Abundance Mindset, Generosity Model

Intentional Attitude of Gratitude

Increased Generosity

Abundance Mentality

Reflection & Practices intertwined throughout

These can become habits!
Reflection

- What colleagues have an attitude of gratitude? What does it look like?
- What are you grateful for at work?
- What colleagues have a generous spirit? What does it look like?
- What do you have an abundance of? (i.e., time, money, love, knowledge, joy, etc.)
- How could you use your abundance of ____________ to help someone else?
- Do you consider yourself to be grateful, generous, and / or have an abundant mentality? Why or why not?

Practices

- How are you going to cultivate these attributes?
- How long are you willing to stick it out?

Note:

- Don’t downplay your kind acts. Recognize them and be grateful you have enough…..to share.
Resources - Gratitude Practices

• Counting blessings or utilizing a gratitude journal
• Mental subtraction - imagines what life would be like if a positive event had not occurred
• Writing down three good things, and then reflecting on the causes of those good things
• Writing gratitude letters and personally delivering the letters to the recipients
• Participating in social media campaigns or groups
Resources

Greater Good Science Center & Magazine [Link]

Generosity Tellavision [Link]

John Templeton Foundation [Link]

Network for Grateful Living [Link]
Questions?