

**LEADERSHIP MODULE**

# **Why Are You Grateful?**

**A Gratitude Mindset Shift**

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# Why Are You Grateful?

The definition of grateful means *warmly or deeply appreciative of kindness or benefits received*.

We have ALL received kindness and benefits this year!

However, in the pursuit of success and more, more, more - we often forget about what we do have. Instead, we tend to focus on what we did not receive or do not have!

Almost like the kid who got a ton of great gifts for Christmas, but didn't get their 'most wanted' gift, they are bummed out. Unfortunately, I know there are times in my life where I was that kid (*and still can be to this day!*).

Whether it was the promotion I didn't get, or that new job I wanted, or the good health news for a loved one that never came.

When we think about what we don't have or didn't receive, then we are left disappointed, defeated, and discouraged.

This can cause us to view our life from a position of discontent, giving us low self-confidence and excitement for tackling new opportunities.

This exercise is to flip that script.

We are going to identify the "what and who" we are grateful for in our life.

Not only that, but we are going to take it a layer deeper, and ask 'why'!

Most of the time when we do these grateful exercises, we quickly rattle off the names of people we are grateful for and then we move on to the next task! Maybe taking 30 seconds tops to be grateful! Well, not today!

So, here is how we are going to do this.

- Take out a piece of paper and pen (or use the lines below)
- Allow for 15 minutes (at least)
- Write out 15 "what and/or who" items you are grateful for
- Next to it, write out 'why' you are grateful for them

## Here is my example:

- What/who am I grateful for?: Holly (which is my wife)
- Why am I grateful for her?: because she is so supportive of my job and schedule; she is an incredible mother to our kids; she is an awesome CEO to our house and keeps us all in check; she is a great cook; funny



# READY TO WIN AT WORK AND HOME?

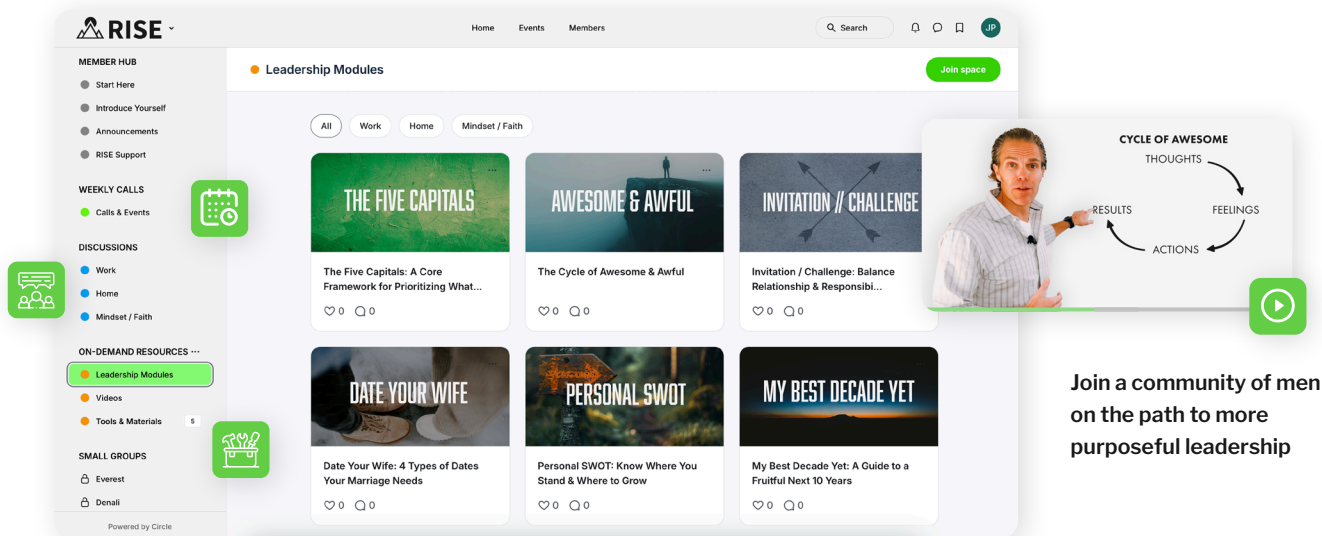
You've just experienced one of the frameworks we use to help men win at work and home, and there's so much more available when you join RISE.

## AS A RISE MEMBER, YOU GET:

- Weekly Group Coaching Sessions
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## RESULTS YOU CAN EXPECT:

- Better Marriage
- Better Relationship with Your Kids
- Better Leader at Work & Home
- Expanded Network of Valuable Connections
- More Vibrant Spiritual Life
- More Clarity on Priorities
- More Purpose & Fulfillment



The screenshot displays the RISE website's 'Leadership Modules' section. The interface includes a navigation menu on the left with categories like 'MEMBER HUB', 'WEEKLY CALLS', 'DISCUSSIONS', and 'ON-DEMAND RESOURCES'. The main content area features several module cards, each with a title, a brief description, and a play button icon. The modules include:

- THE FIVE CAPITALS**: The Five Capitals: A Core Framework for Prioritizing What...
- AWESOME & AWFUL**: The Cycle of Awesome & Awful
- INVITATION // CHALLENGE**: Invitation / Challenge: Balance Relationship & Responsibi...
- DATE YOUR WIFE**: Date Your Wife: 4 Types of Dates Your Marriage Needs
- PERSONAL SWOT**: Personal SWOT: Know Where You Stand & Where to Grow
- MY BEST DECADE YET**: My Best Decade Yet: A Guide to a Fruitful Next 10 Years

Overlaid on the right side of the screenshot is a video player showing a woman presenting a diagram titled 'CYCLE OF AWESOME'. The diagram illustrates a cyclical relationship between Thoughts, Feelings, and Actions, leading to Results.

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