

Attitude of Gratitude Study Guide

How to Use This Study Guide

The Study Guide for this course is designed to help you take notes as you're taking the online course "Attitude of Gratitude". It is organized in sections that mirror the elements of the course, with plenty of room to make notes and capture your learning.

The use of the Study Guide is optional. Research shows that different people learn differently, and for many, the act of writing something down as you are learning helps to solidify the information in your brain. If you find the Study Guide helpful, use it. If not, feel free to omit it from your learning process.

Course Overview – Attitude of Gratitude

Gratitude – the expression of appreciation – has been around as long as humans have been on this planet. Despite that, gratitude is a relatively new concept in the field of science. For the first time in history, we're starting to see how being grateful can bring value, vitality and happiness to ourselves and those around us in diverse and meaningful ways. We're learning that gratitude affects how we sleep, interact with others, enjoy our jobs and much more. This course will take a look at the concept of gratitude, uncover the new scientific findings in the field and share some clear ways you can deepen your practice of gratitude and start seeing results almost immediately.

Learning Objectives – Attitude of Gratitude

By the end of this course, you will understand the following:

- Learn the benefits of being grateful
- Understand the science behind gratitude
- Learn practices for growing an attitude of gratitude
- Learn ways to express gratitude every day
- Learn how to cultivate a culture of gratitude at work

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An Attitude of Gratitude

Video Notes

3 Benefits of Being Grateful

1) Gratitude Shifts Your Mindset

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2) Gratitude Improves Self-esteem

3) Being Grateful Wins You More Friends

The Science of Gratitude

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Video Notes

5 Ways Gratitude Directly Affects Your Health

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How Gratitude Benefits Company Culture

Gratitude in Action

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3 Ways to Create a Culture of Gratitude in the Workplace

EXERCISE: Building Your Gratitude Muscle

Exercise #1

Exercise #2

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Video Notes

Discussion Questions

Discussion questions are used by workgroups who are taking courses concurrently and want to engage in a conversation about the course content. The use of discussion questions is optional.

1. In what ways do you currently practice gratitude both in your personal life and at the workplace?
2. Think about a time at work where you received or showed gratitude. How did that experience make you feel and did it boost your work satisfaction?
3. What practices can you adopt both at work and in your life to improve your attitude towards gratitude and improve your general welfare and productivity?