

Gratitude Helps With Our Keeping Our Goals



Welcome

Gratitude is the “new” thing, even though it’s ancient. It’s getting tons of publicity. Did you see this [article](#) about gratitude and goals? The summary is that gratitude and compassion help more than willpower to keep our goals. Why? Willpower squashes our pleasure, and it’s hard. Gratitude is healing and increases how much we value the future. When we value the future, we stick with our goals. Try looking at your to-do list, approach it with willpower, and then approach it with gratitude. Notice the differences.

What’s your goal to build your gratitude muscle this year? Read our article below about building your gratitude muscle. I’m also sharing a book review on the book, *Gratitude in Motion, A True Story of one Woman’s recovery from a life threatening horrific accident.*

Here is what's we have for you:

- [Free Webinar](#) - Learn about how successful leaders use gratitude and a simple tool you can use right way, the same one is run three times:
 1. Wed, April 4, noon EST, to register, [click here](#)
 2. Tues, April 10, noon ET, to register [click here](#)
 3. Mon, April 23, noon ET, to register [click here](#)
- [Course](#) – Creating Confident Leaders from Capable Managers, 6 weeks, start dates: April 12, June 12, September 21, October 30. Make gratitude practical at work!
- [Blog](#) – New material published weekly. Gratitude and Leadership topics.
- [Gratitude Checklist](#) - Twelve ways you can strengthen your gratitude muscle, with lots of specifics. This will be given to future newsletter subscribers.

Here’s another book endorsement:

“What a joyful read. Feelings of Gratitude build as the book progresses and makes the case for Gratitude, just from the reading. I am grateful that you wrote it.”

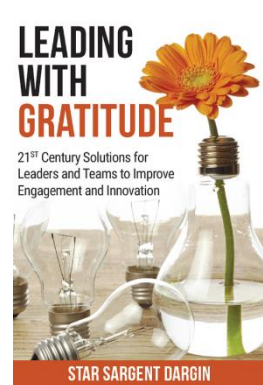
– John Ela, [The CEO Coach](#)

Gratefully yours,

Star

Helping Capable Managers become
Confident Leaders

[Speaking, Training, Coaching](#)
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Creating A Gratitude Plan and Practice

Gratitude is the lubricant that helps you keep your goals. It's future looking and healing. When we live in the now with an eye to the future it's easier to make choices that support achievement of our goals.

Gratitude is a muscle. The stronger it is, the easier it is to achieve, which builds confidence and success and a positive cycle. Let's work on building our gratitude muscle, this year. To ramp up our gratitude practice there are four steps:

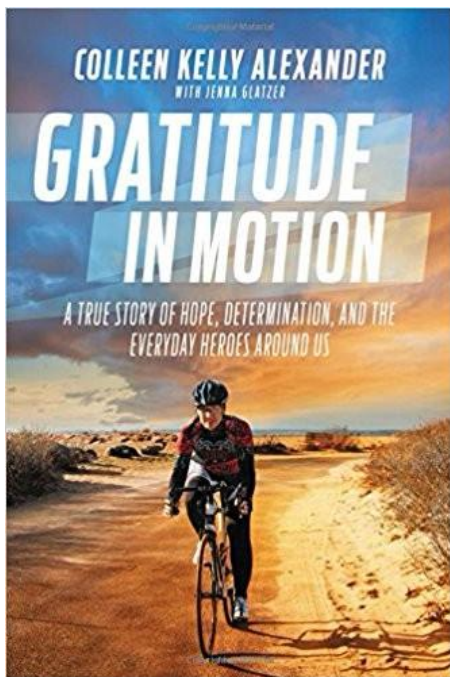
1. **Measure gratitude** - Because gratitude is intangible, how do we really know if we are improving on building gratitude? The Gratitude Assessment is one way for individuals, their teams, and businesses to engage in gratitude. From this assessment comes tangible measurements of the seemingly intangible quality of gratitude. Look for future free webinars on the Gratitude Assessment which is in the book.
2. **Create a plan** - From the measurements, we can create a plan and practice to improve gratitude. For teams and organizations: this may involve reviewing and integrating elements of gratitude into people, technology, and processes. What training is needed, what is the culture desired?
3. **Practice Daily** – It's recommended at least 10 minutes a day of gratitude will improve your day. See our checklist for ideas of how to create your own practice.
4. **Reassess Gratitude and Revise Plan** - Every 30 days, 6 months, 1 year later, revise and revisit your plan and practice as needed.

Gratitude builds a muscle that, when strong, allows the hardest of realities to be dealt with in a positive way. When undertaking new goals and transformation, it's not a linear path. Gratitude helps with dealing with and moving through setbacks and hard realities. We must be able to overcome and get through the difficulties and uncomfortable of doing something new. Gratitude is contagious, when you build your gratitude muscle it can help others. Learn how by downloading our [checklist](#), [buying the book](#), or [taking the course](#).

Book Review:

Gratitude in Motion

by Kelly Colleen Alexander



I cried and cringed. I'm inspired and intrigued. What a story and what a woman. I started following her on Facebook, and she inspired me to figure out how to clear my blood, so I can donate blood.

This is the emotionally and physically raw and honest story of Colleen's life. It starts with her as a teenager breaking up with her first love because he wasn't saved in the religious sense. I almost stopped there at chapter one. But then her life journey continues as she finds the parts of herself that are not like her upbringing. Then the big accident happens. The story then shifts into very specific and horrifying details.

The shift to focus on others, the gratitude, and the embracing and thanking everyone who helped her was a turning point for her recovery. I love how and that she thanks everyone from the surgeon to the EMT's to those who gave blood. I'm glad they included pictures about midway through the book. It's a hard subject and well and respectfully written.

Virtual Course:

Making Capable Managers into Confident Leaders using Gratitude

You'll discover how successful leaders practice and benefit from gratitude. Gratitude helps leaders handle difficult and challenging situations and people better. When gratitude is present, innovation blooms and engagement soars.

You'll learn why being capable and competent sadly isn't enough for managers. When you strengthen your gratitude muscle, it adds confidence into the mix. When people are confident they take on more risks and handle unknowns and old challenges better. We use your uniqueness and who you authentically are as a manager to succeed now. Using gratitude, managers have gotten unstuck in their careers, handled difficult situations and people better, and improved their own performance as well as that of their teams.

You'll learn about the steps and tools needed to strengthen your gratitude muscle. Complexity and challenges and gratitude can all exist at the same time. This very practical webinar will be loaded with specific tips, stories, and immediately actionable ideas.

It's six modules you can attend live or listen to the recordings afterwards. Total course time is from 6-8 hours over two months. You will get lifetime access to the course too.

- **Module One:** Defining Gratitude, The Science of Gratitude and Leadership
- **Module Two:** Take the Gratitude Assessment and Create a Plan
- **Module Three:** Learn to Shift to Gratitude to Innovate
- **Module Four:** Learn the GLAD Tool for Challenging Situations
- **Module Five:** Planning for Gratitude, Challenges that Engage
- **Module Six:** Planning, Practicing, and Sustaining Gratitude

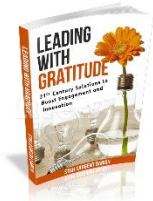
Start dates are:

- April 12
- June 12
- September 21
- October 30

When you gather a group of five or more we can accommodate dates and times that work for you.

To learn more, and register click [HERE](#)., cost is only \$229





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