

12 ideas for your gratitude practice. Lots of other gifts!



Welcome

Gratitude is my religion, it didn't always used to be. I used to be fine a lot! That's New England speak for not showing emotions, working hard, and don't talk about it. Fine is a generic catch-all for there is nothing more to say, and it covers the entire range of possible answers. Fine is not gratitude. Fine is the generic answer for move on, do not say more, do not think about it, chin up and move ahead. You can read about my story and path to gratitude below.

I have lots of gifts for you in this newsletter.

- [Gratitude Checklist](#). Twelve ways you can strengthen your gratitude muscle, with lots of specifics. This will be given to future newsletter subscribers.
- [Excerpt from my upcoming book](#). Sue and Scott's story of innovation and lack of engagement.
- [Five-dollar savings on my book](#), Leading with Gratitude: 21st Century Solutions to Boost Innovation and Engagement, at a pre-publication price of \$9.99
- Webinar: Capable Managers into Confident Leaders Using Gratitude, Tuesday, January 2nd, 12-1 ET, [click here to register](#) , free
- Webinar: Successful Leaders and Leadership Models for Project Managers, Wednesday, January 17, 12-1 ET, [click here to register](#) , free

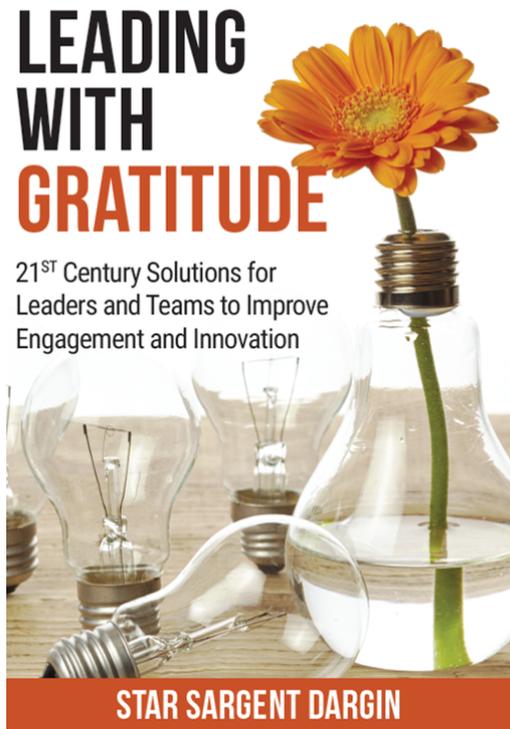
If you are so inclined, I'd love for you to take or share with a manager a quick 4 question survey on the challenges managers in business face today. [Click here](#).

Here's an early endorsement for my book, "I always intuitively believed that gratitude was one key to a happy and successful life. Leading with Gratitude, Star lays out the process and science for why it matters. It moves beyond theory to practical advice." – Stephen Shapiro, Author, *Best Practices Are Stupid*

Gratefully yours,

Star

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Gratitude and Pain

Last January while jogging I took a spectacular airborne skinned-knees-and-elbows fall. I looked like road kill. I heard a crack; I knew I had broken my ankle. It was painful, and minutes later sitting on the couch while still in pain, I started laughing and feeling intense gratitude.

After 15 years as a conscious practitioner of gratitude, in that moment I knew I was onto something. I had built a strong gratitude muscle. I did not my new reality of being awkward and moving slower, and was grateful that it opened my eyes to how much gratitude had

seeped into the rest of my life including the business world. That was the start of writing the book I had been working on for five years!

Why was I grateful that I broke my ankle? I didn't get hit by a car as I was lying in the center of the road. I was grateful for my new husband and cell phones at that moment. I couldn't put any weight on my ankle but could call my husband who came and picked me up. I was grateful he was at home. I was grateful I didn't need to go to the emergency room. Only a few weeks ago I had finally found a primary care physician. I was grateful I had just signed up for a quality health insurance plan that would cover most of the cost, unlike the poor plan that I had years ago. I was grateful for the crutches in my basement that my sister had just stored there while she was moving.

I had just put David Bowie's new CD *Blackstar* in my Amazon queue to purchase for my birthday that was in a few days. Sadly, David Bowie died that day. I was grateful to be alive on my birthday, Bowie wasn't.

Gratitude showed me what I had and didn't have in that moment. Pain and gratitude existed at the same time. Gratitude kept me calm. I believe gratitude helped me to heal faster.

Research exists to prove the positive benefits of gratitude. Gratitude is not a cure all, studies have shown these benefits: boosting your immune system, better mental health, improved performance, sleeping better, and improved relationships. This article has a nice [summary of the benefits](#)

My recommendation is to build a daily gratitude practice and here's my twelve suggestions suggestions to get you started or to add to what you already do. Here's my list of [12 ideas to start your practice](#).

[Book Review: Altered Traits](#)

The Journey of Science and Meditation

Remarkable, positive alterations in brain and behavior are not a myth but a reality. Through scientific studies, antidotal stories and their own journey the authors prove that meditation can alter us.

Because meditation means many things researching it is fraught with having to dissect and handle that ambiguity. This is what they call a "hard-nosed" look at meditation. Each form of meditation has its own neural profile and if you want to know about it you will be interested in digging into some of the studies recounted in this book.

They don't hold back, they skeptically review others and their own earlier research studies. They ask and answer, does meditation lead to better health – what's true and known now and what's not known.

They conclude that there is still much scientific research to be done. I was laughing at one review's conclusion because it was so precise and qualified it almost lost its wow results,

they are true researchers. If the research is too much, skip to the end and read the summary's called, "In a Nutshell".

It's not until Chapter 12, Hidden Treasure, that they get into what the altered traits are and that's where the book for me got more interesting.

I enjoyed their categorizing and labeling and discussing the different types of mediation. I was fascinated by the Yogis. Mingyur in particular, he's logged over 62,000 hours and was raised in a family of meditators.

This book could be the turning point for a broader acceptance and study of meditation.

They end with a message of hope and possibility of how mediation can play a role in bringing about a better future

Making Capable Managers into Confident Leaders using Gratitude, Free, January 2nd, 12-1 ET

You'll discover how successful leaders practice and benefit from gratitude. Appreciation and recognition are secret code words for gratitude in business. 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.

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 immediate actionable ideas.

[Click Here to Register](#)



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