

**An individual has not started living
until
he can rise above the narrow confines
of his individualistic concerns
to the broader concerns
of all humanity.**

Martin Luther King Jr.



GRATITUDE the heartbeat of humanity.



In your journal, list 5...

- **What are you grateful for?**
- **To whom are you grateful?**
- **What did they do?**



**Where (or how)
could you use this exercise
(or slightly modified version)
in your work?**



GRATITUDE the heartbeat of humanity.



BLISS

Personal Happiness ↑

MISERY

MEDIOCRITY

Service Commitment →

EXCELLENCE



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- Complain
- Collaborate
- Conscript
- Comfort

BLISS

Personal Happiness ↑

Comfort

“I’m fine the way things are.”

Collaborate

“How can I do this even better?”

Complain

“Why bother? It’s not my job.”

Conscript

“I’ll do whatever I’m told.”

MISERY

MEDIOCRITY

Service Commitment →

EXCELLENCE

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Dig out that journal...

- **Circle one item...**
- **Write... how you will thank someone... today**





**If you pick up a starving dog
and make him prosperous,
he will not bite you.**

Mark Twain

**If you pick up a starving dog
and make him prosperous,
he will not bite you.**

**This is the principal difference
between a dog and a man.**

Mark Twain

Other Benefits

- **Earn more money**
- **More likely to achieve important life goals**
- **Have more social connections with others**
- **Sleep more soundly**
- **Greater resistance to viral infections**
- **Live longer**
- **The list goes on...**

4 Dimensions of Gratitude

Frequency

Intensity

Density

Span



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**From the discussions today,
identify examples that
illustrate each dimension**

Intensity – the depth of experience

Frequency – how often

Span – numbers of people

Density – areas of life



**What is the biggest challenge
you've overcome (or face)
in your career?**

**What are you grateful for
in this challenge?**



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1 minute summary Observations and Learnings



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**Summarize the take-aways
to help you recharge and
be a better IT Professional**



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