



Gratitude and Happiness

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Trainer, Facilitator, Coach

Presenter – Marjorie Wharton



- I am a performance management specialist
- I work with individuals and organizations to help them become better at what they do
- I am a Certified Personal and Executive Coach
- Certified user of the MBTI, EQI and Extended DISC
- Trained Change Management Professional, TQM Facilitator, Leadership Development and Trainer of Trainers
- Qualifications in Management, Human Resource Development and Performance Management
- Strategy Developer, Trainer, Facilitator for over 15 years across the Caribbean

Positive Psychology



- The scientific study of the strengths that enable individuals and communities to thrive.
- The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

Gratitude



- The quality of being thankful, showing appreciation for or returning kindness

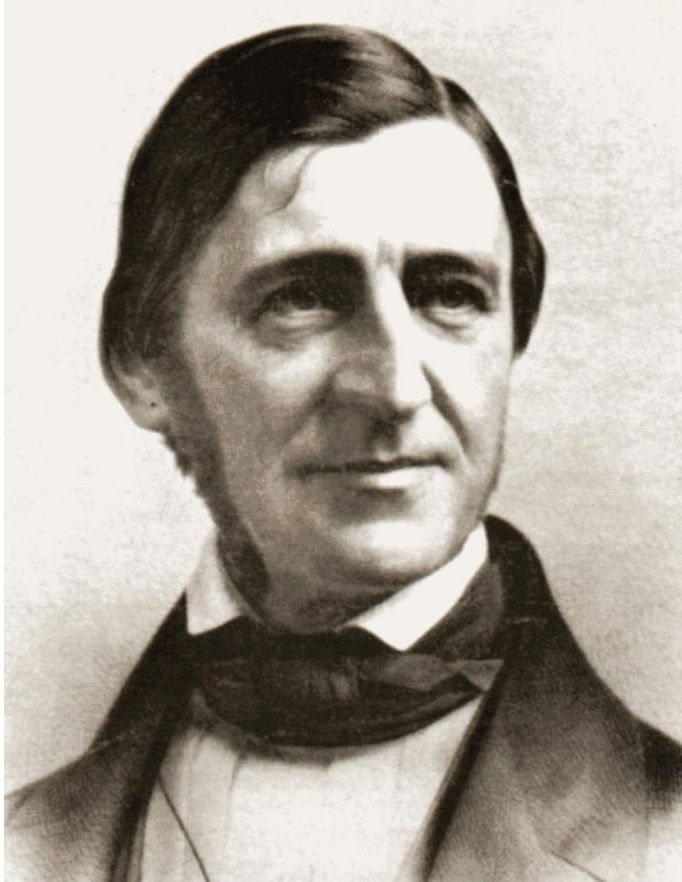
Gratitude



HARVARD
MEDICAL SCHOOL

- Harvard medical school defines it as:
 - *“a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives ... As a result, gratitude also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power”*

Gratitude



“Cultivate the habit of being grateful for every good thing that comes to you, and give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

— Ralph Waldo Emerson

Benefits of Practicing Gratitude



- Reduce the stress hormone cortisol
- Creates a greater social circle of good
- Receiving gratitude can inspire you to do good to others
- Increases the feeling of well being
- Decreases depression and anxiety
- Increases your energy

A Gratitude Practice



- Acknowledge that you are grateful for your life and the people and things in it. Give thanks.
- Each morning identify at least one good thing that you are expecting to happen that day. Go through your day looking for it.

A Gratitude Practice



- During the day, as you see something that makes you feel grateful, say Thank You.
- When someone thanks you, show appreciation.
- At the end of the day write down three things that stayed with you.