



Quick Summary:

BIG Idea: Feeling Gratitude for all aspects of your life is the foundation of lifelong joy and happiness! So, it's pretty important. Feeling gratitude for life experiences that are challenging is an especially important skill for personal growth. However, EXPRESSING gratitude takes it to the next level AND it is an essential coaching skill. To thrive in the world as a coach you MUST be able to TELL people how grateful you are for the part they play in your life.

Capture GRATITUDE Power: Plan your 21-Day Gratitude Challenge by identifying 21 people that you want to connect with this month in order to share your gratitude for them WITH them. Share your thoughts about doing this on your game card.

Game Action: Make the connections and have your gratitude conversations and then share your experiences on your game card. Share photos if appropriate.

BIG WIN: The BIG WIN in gratitude power is when another person shares their gratitude for you WITH you. Hint: it may not be the same people you share with! Share your experiences on your game card.

Quick Game Plan to Capture GRATITUDE POWER

- 1) Find the Fun!
- 2) Plan your 21 expressions of gratitude!
- 3) Your game action for GRATITUDE POWER
- 4) The BIG WIN for GRATITUDE POWER
- 5) Share on your game card AND collect your points!!! YES!

1) Find the Fun!

Sharing Gratitude is fun- often scary! But fun. People are often deeply moved by a heartfelt expression of gratitude and this is a truly beautiful kind of fun! Be bold in who you select to express your gratitude for. **Make your Gratitude Challenge an adventure!**



Transformations from worker to player

Industrial Work Mindset (the old way)...	Spirit of Play Mindset (the new way)...
Keep your opinions to yourself. It's personal.	Your deep connection to others matters! YOU matter. And the other players in the games of life do care about how you feel about them.

How this makes you a better coach

- 1) Gratitude is the foundation for recognizing the perfection in every situation. (coaching proficiency #7)
Expressing gratitude for the people who delight you or support you is smart. Expressing gratitude for the people who challenge you is WISE.
- 2) Expressing gratitude is an essential skill for “Enjoying the Client Immensely” (Coaching Proficiency #4)
Enjoy your team mates, colleagues and family immensely too!
- 3) Expressing gratitude is a powerful way to “Establish Trust and Intimacy” (Coaching Skill #2) In order to share your gratitude for someone in an authentic way you must really SEE them. Being SEEN is intimacy.



2) Plan your 21 Expressions of Gratitude

To capture Gratitude Power and prepare for the challenge make a list of 21 people you can connect with to express your gratitude for them. Make a few notes about what you are grateful for. Authenticity is the key here.

The people who support you and delight you are important to acknowledge! But also look to express your gratitude for those who challenge you!

Now, once you get into the game you may find yourself connecting with people not on your list. Or not being able to reach some people who are on your list. That is OK. 21 is 21. Be prepared to go with the flow of the game.

Name	Why I am grateful for them
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	
9)	
10)	
11)	
12)	
13)	
14)	
15)	
16)	
17)	
18)	
19)	
20)	
21)	

DONE!! You have now transformed your month into a big adventure of gratitude!



3) Your Game Action for GRATITUDE Power

This part of the game is simple but it isn't easy!

All you have to do connect with the people on your list – either face to face or by phone or skype; email and text don't count for points in the game! – and share your gratitude for them. This is harder than it sounds for most people because we are not practiced in expressing gratitude. Like any other skill, you will get better with practice!!

After you do it, share on your game card about what the experience was like.

As you play you will probably think of other people you want to express gratitude for. Or you may run into people at an event and have the opportunity for spontaneous gratitude! Awesome go for it and get the points.



POSSIBILITY!! Whenever possible, take a photo of YOU in action sharing gratitude face-to-face and share it with the team on your game card!

4) The BIG WINS

The BIG WIN in the gratitude challenge is when someone expresses their gratitude for you! This may happen sometimes when you are connecting with your 21 but don't force it. Also, it is possible that you will attract an unexpected expression of gratitude!

Remember, in a game you influence the outcome with your energy and skillful action but you don't control the outcome!

Share your gratitude wins as they happen throughout the game!



5) Share on your game card and collect your points. YES!



Step 1: Click through to your game card.

Look for the Power Booster section –
(Find the Red Button with the Rocket!)

Find the **GRATITUDE POWER** badge.



You will see the game card description...

*I just captured **GRATITUDE POWER** by planning my 21-Day Gratitude Challenge. Whoa! Here is what I am most excited about...*

Click on the SHARE button in the right column.



A text entry window will appear.

Complete this statement on your game card by sharing your thoughts about taking on this challenge.

Get your FB friends cheering you on! (optional)



Under the share box you will see the Facebook login button and “Share On Facebook” button.

If you share on Facebook you earn +1 Bonus point in your total score.



Step 2: Scroll down the game card to find the Game Action section
(The Blue Button with the player reaching for the star)

Look for the **GRATITUDE POWER** Badge.

After each gratitude conversation, share about your experience on your game card.

*I just had a **GRATITUDE POWER** conversation. This is what happened...*



Click the SHARE button

Remember to share with the intention to inspire.

Each time you share about your game activity you earn points.

And another SHARE button pops up for you to use the next time you complete this activity.



POSSIBILITY!! Whenever possible, take a photo when you are doing your **GRATITUDE** Challenge activity and share it with the team by clicking the upload photo link.



Step 3: Scroll down the Game Card to the BIG WINS section
(The Green Button with the hand holding the trophy)

Look for the **GRATITUDE POWER** Badge.

When you are on the receiving end of a GRATITUDE conversation you earn BIG WIN points. After each one share about what you learned.

*I just received a **GRATITUDE** conversation! WOW! Here is my highlight...*



Click the SHARE button