



I thank each one of you for reading this booklet.

I am grateful that each one of you are Club members & that you are working to make your communities better places for everyone to live.

I am thrilled to be a part of the 2020-2022 GFWC California Federation of Women's Clubs' State Board as your Leadership Chair.

I am so lucky to have joined The Women's Improvement Club of Roseville in May of 1999 with my mother.

I am thankful that I was able to get through this year of Covid-19 with the help of many of my Club Women as friends.

Thank you GFWC/CFWC for all you do for all of us!

California Federation of Women's Clubs



Gratitude for Leadership 2020-2022

Ask your self these three Questions

1. what have I received from _____?
2. what have I given to _____?
3. What difficulty have I caused?



Questions are the path to learning

Watch your Language

What do we mean here? Use grateful, hopeful, happy words. Stop using negative words. Say nice things. This is a big thing too!

Fake it till you make it!

Remember the bad

This may sound odd but unless you can remember some of the bad things that have happened. Things that had gone wrong, how will you know when something is truly wonderful.

What Does Gratitude do for you ?

Gratitude can increase resilience.

It won't make your problems disappear. Research shows that it can help you bounce forward. Remember we don't bounce back but after Covid-19 we are bouncing forward.

Gratitude can help you put things into perspective & that will also help you through the tough times.



By practicing gratitude you can create an invisible shield that helps you to stop internalizing psychological problems & issues. There is a trick here, you need to find the approach or part of the issue that will let you see positive parts of the problem or positive outcomes for the problem.

The ability to find a positive slant on a negative event can help you heal.

Gratitude can strengthen Social Connections

Who would have thought that your gratitude could strengthen the social connections you have with others!

It helps because you become more aware of what others feel & think. It doesn't mean you will stop saying stupid things, just that you will know it & move to correct what you have said faster.

Remember this- we all make mistakes & it is not that you make a mistake—it is how you fix your mistakes or don't fix your mistakes. In other words take ownership of what you have done wrong. Don't make excuses, fix your problems before they become unfixable.

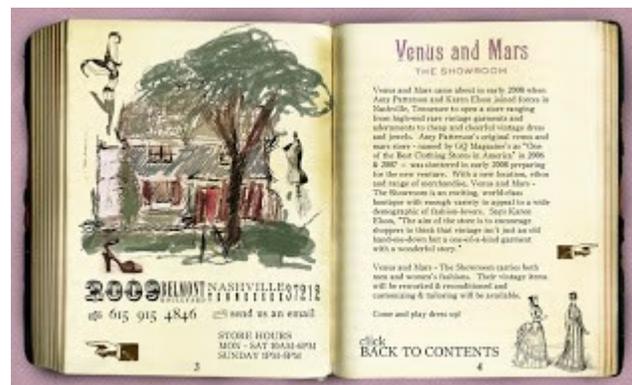


When you start seeing acts of kindness around you, you will be more willing to do more acts of kindness. The circle will keep going & soon your Club, workplace & home will notice the difference. Look for the good in everything.

What do I write in this journal ?

Make it your own! Have fun with it & enjoy the process

What are you grateful this morning? That you have enough food, your favorite breakfast, eating with friends. You can tell my favorite thing to do, eat! That it is raining or not raining. That there is a club meeting that day or night. That you are simply alive to fight another day. That you are in a state of grace.



Each day write things that brought you joy. Things that remind you of the gifts you have received, actual gifts, gifts of kindness, laughter & love. Things that were a benefit. Good things in general.

You decide!

Keep a Gratitude Journal

Every single place I looked for information on how to practice gratitude started with making or keeping a gratitude journal. So this is an important tool in becoming better at living with gratitude. It is not new I remember keeping a gratitude journal about 30 to 35 years ago. It is not as easy as it sounds.

Let's start in the morning with 3 items in your journal that you are grateful for.

Each night write three things you are thankful for. If this is too difficult for you pick either morning or night, start there & add the next phase when you feel up to it.



Work up to adding 10 items, five in the morning & 5 at night, more if you feel in the mood. This is your journal so pick a journal or book you love. You may make your entries by doing drawings, adding photos, poems or whatever strikes your fancy. This book or journal is about things, items, people or pets you are grateful or thankful for.

Gratitude can make you happier

We are hard-wired to look for threats. Why because we needed to look out for things that were a danger to us back in the stone age.

We can change our wiring to becoming more grateful & happier with some work.

Research shows that gratitude can help us to think more positively. Why would we do that. Because we get more satisfaction & enjoyment out of everyday living.

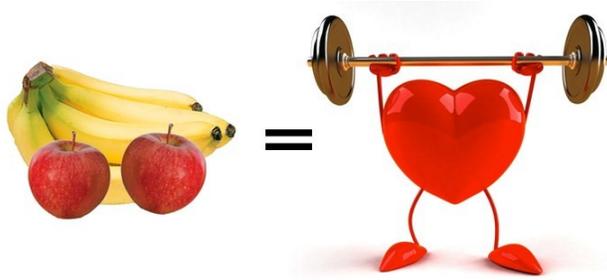


Gratitude helps to strengthen pathways in your brain to make you focus on activity in the bliss center of your brain. I did not make that up. It increases the production of serotonin & dopamine. The more you practice this the deeper ingrained the good pathways become.



Gratitude can improve your health

Some studies show that the more grateful you feel, that you actually are more healthy. That happiness & gratitude have a physical effect on your health. Wow! that is really big. If you practice gratitude you can become more healthy without meds!



One reason that scientists think that happens is because happier people eat better & take better care of themselves. They cut out unhealthy stuff & exercise more. The belief gives you a better self-awareness. You also live longer!



Gratitude has a huge effect on heart health. It affects heart rate & digestion & also sends transmitters to your brain. Those "warm Fuzzy" feelings are good for you!

How can we improve our gratitude?

Keep a Gratitude journal

Remember the bad

Learn prayers / sayings of gratitude

Make a vow to practice gratitude

Ask yourself three questions

Watch your ungrateful language

Thank one person every day

Volunteer to help a cause you believe in

Use "Thank you" instead of "sorry"

Call someone to thank them every day.

Write thank you notes

Speak kind words

Reflect upon freedom

Notice more

Come to your senses

