



# CHAPTER ONE



Practicing gratitude





# Chapter Summary

In this chapter, Brené Brown highlights the transformative power of gratitude in fostering joy and connection. She expresses appreciation for the people who have supported her journey, showcasing the importance of recognizing those who enhance our lives. Brown emphasizes that gratitude is not merely a response to joy but an active practice that cultivates deeper relationships and resilience. The chapter invites readers to acknowledge their own sources of support and embody gratitude in daily life. Ultimately, gratitude becomes a powerful tool for personal growth and emotional wisdom.





# Gratitude as a Foundation of Joy

It isn't joy that leads to gratitude; instead, gratitude itself paves the way for joy. Acknowledging the gifts in our lives allows us to cultivate a mindset focused on abundance rather than scarcity. By nurturing an attitude of gratitude, we open ourselves to deeper happiness and fulfillment.



# Acknowledging Our Supporters

In this chapter, Brené expresses heartfelt thanks to those who have played vital roles in her success. By recognizing the contributions of others, we strengthen our connections and enhance our sense of belonging. Gratitude is a bridge that can bring us closer to colleagues, friends, and family.



# The Role of Mentors

Mentorship is a critical form of support that fosters growth and development. Brené pays tribute to her mentors whose guidance has illuminated her path. They have not only shared their wisdom but also instilled confidence in her abilities.

"I literally couldn't do it without you."



# Community and Belonging

Gratitude extends beyond individuals; it encompasses communities that inspire us. Brené highlights the power of shared experiences and mutual encouragement within her community. Strong ties within our communities foster resilience, motivation, and courage.

"To my friends who challenge me to show up."



# Embracing Vulnerability



Expressing gratitude often requires vulnerability, as it involves acknowledging our dependence on others. Brené addresses the significance of celebrating vulnerability as a strength. By embracing openness, we expand our capacity for genuine emotional connection.



# The Importance of Feedback



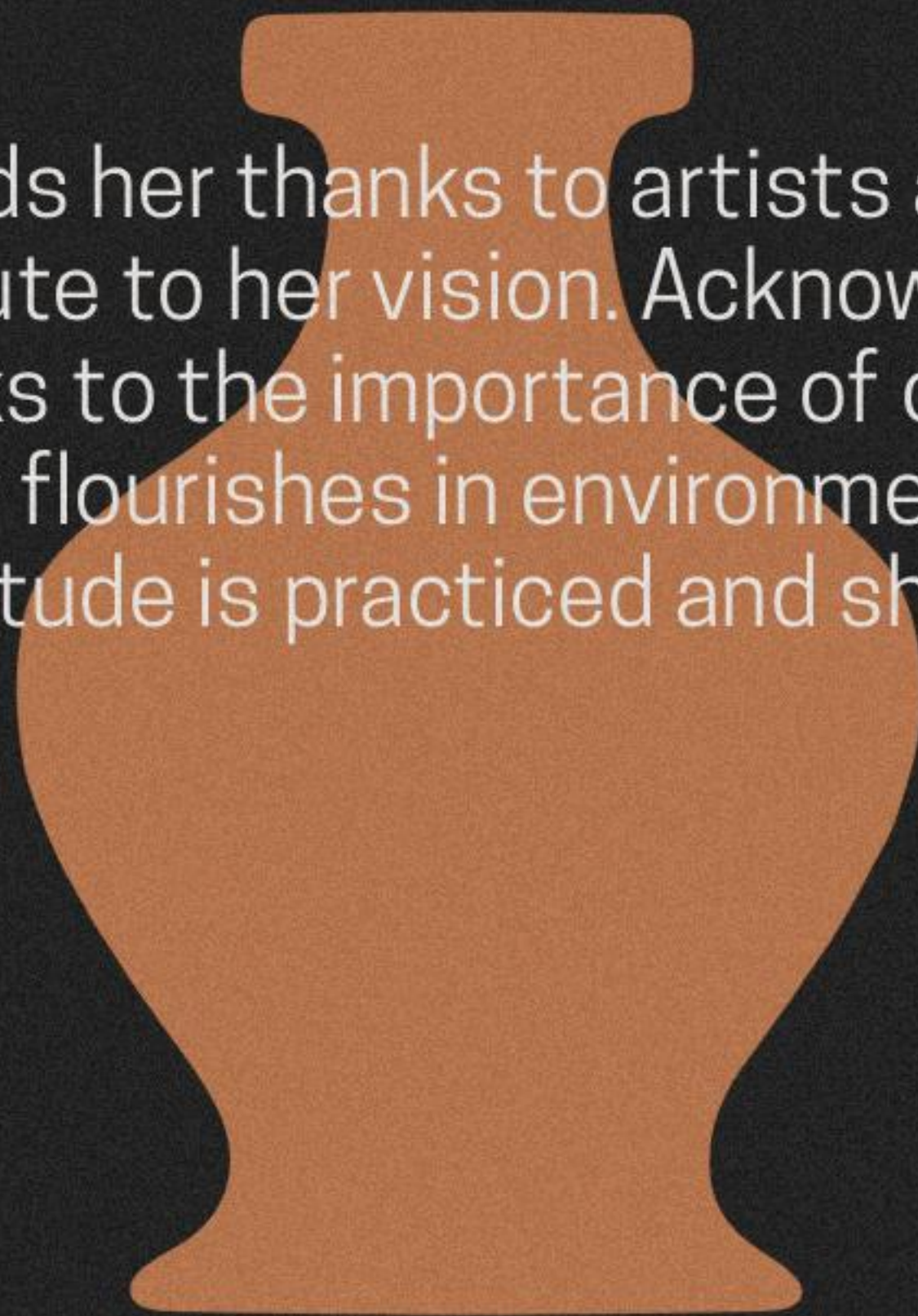
Feedback from those around us can be a powerful motivator. In recognizing her editors and collaborators, Brené underscores the importance of constructive criticism and encouragement in her journey. Gratitude for feedback enhances relationships and fosters mutual growth.



# Gratitude for Creative Support




Brené extends her thanks to artists and creatives who contribute to her vision. Acknowledging their talent speaks to the importance of collaboration. Creativity flourishes in environments where gratitude is practiced and shared.





# Family as a Source of Love

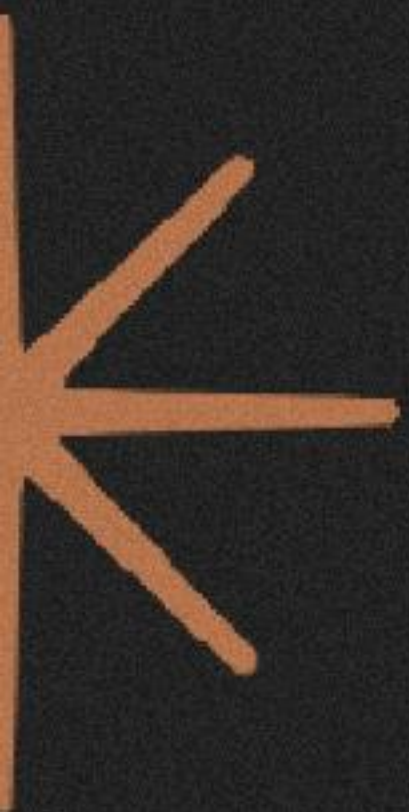
The background is an abstract painting with a heart shape in the center, created with thick brushstrokes in shades of blue, red, and white. The heart is set against a background of vertical brushstrokes in various colors including teal, green, and purple. There are two orange star-like symbols, one on the left and one on the right, pointing towards the heart.

Family embodies unconditional support and love. Brené conveys deep gratitude towards her family members for their nurturing presence in her life. This gratitude reinforces the bonds that allow us to thrive.



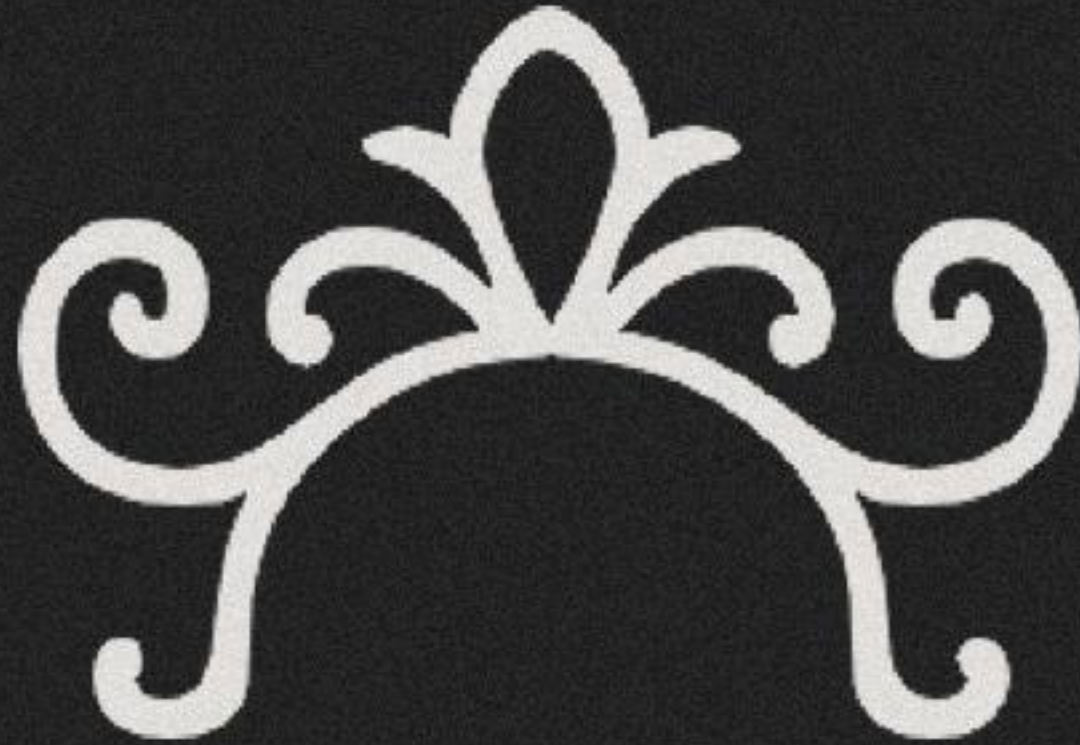
# The Ripple Effect of Gratitude

Practicing gratitude can have a ripple effect, influencing the attitudes and behaviors of those around us. By expressing appreciation, we inspire others to do the same. This collective shift toward gratitude can transform communities.





# Invitation to Practice



Brené invites readers to actively cultivate gratitude in their own lives. This practice can take many forms, from simple thank-yous to deeper reflections on what we value. By embracing gratitude, we harness its power for our well-being and joy.





# Recap

- "It is gratitude that makes us joyful."
- "Thank you for always believing in me."
- "Dare greatly in sharing your gratitude."
- "Thank you for your wisdom and insight."
- "Thanks for your commitment and artistry."





# Thank You

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