



LEADER LINKS

About the LEADER LINKS...

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that our students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

GRATITUDE

Definition:

GRATITUDE means being thankful for someone or something. When we show gratitude we let others know our appreciation for what we have and what we receive. Help develop a common vocabulary by communicating the meaning of GRATITUDE through your daily actions.

Leader's Message:

Gratitude has a two-way effect – it makes the person showing gratitude happy and its recipient even happier. Have you ever thought about all the people who make your life better by what they do? Have you told them lately how much they are appreciated? By being thankful for what you have and for the many people that make your world a better place, you appreciate life more!

Food for thought:

Think about this quote by William Arthur Ward*: *"Feeling gratitude and not expressing it is like wrapping a present and not giving it."* Consider what this means to you. Do you agree with it or not?

Action Prompt:

Express your thanks and gratitude every day. It might seem difficult to express gratitude everyday. Seeing the good in bad days can be hard. Take the time to realize that even in the trying times of making mistakes and bad days, there are sparks of gratitude we can acknowledge. After all, from past mistakes present successes are born.

**William Arthur Ward (1921 - 1994) was an American author and professor.*