**Attitude of Gratitude In Business**

***grat·i·tude*** *- noun*

Definition: The quality of being thankful; readiness to show appreciation for and to return kindness. Example: "She expressed her gratitude to the committee for their support."

Synonyms: gratefulness, thankfulness, thanks, appreciation, recognition, acknowledgment, credit, respect, sense of obligation, indebtedness

Each of us has a different definition of **gratitude**. I would like you to take a moment to pause and ask yourself what **gratitude** is to you. Think back to a time you felt **grateful.** How did that experience of gratitude make you feel? Allow yourself to recognize gratitude and to be aware of any additional feelings you experience in this moment.

List 4 things that you have been grateful for during the past month (business and/or personal):

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List 4 things that you hope to be grateful for in the next week (business and/or personal)

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Write 2-3 sentences about a time when you experienced gratitude in a business situation that also involved a disappointment or crisis. How did it feel to experience gratitude under those circumstances?

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Also check out this article: *Why Gratitude in Sales Can Lead To More Success*

<https://salesfuel.com/why-gratitude-in-sales-can-lead-to-more-success/>

**Thank you for participating!**