8 Easy Ways to Infuse Gratitude into Your Business



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WELCOME TO THE FREE GRATITUDE RESOURCE

Thank you for downloading this free resource from Cathy Thompson Leadership!

The reason I put together this for you is because gratitude is such an integral part of my business acumen and I have seen the impact of having this frame of mind on the success of my companies (and it feels good to be grateful!!).

I urge you to keep this checklist on your desk or workspace to refer to. You can infuse gratitude into your everyday activities and the more you do it, the more results you will see.

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8 Ways to Use Gratitude Every Day

- Upon waking up, offer thanks to the Universe for allowing you to wake up and embrace a brand new day. Think of the adventures you will encounter, be curious.
- Sending a thank you card to a client/customer
- Changing your email greetings to include a thank you statement. For example, “thank you very much for reaching out to me.”
- If you are angry, before making the phone call or sending the email, think about why you are grateful for the opportunity to deal with this situation
- Login to your business banking account, no matter what the balance, say “thank you Universe for this abundance, I am so grateful.”
- Take time to meditate about the people in your life (personally & professionally) – send a thank you email or card to them to say you are grateful to have them in your life.
- Pick up the book, *Thank and Grow Rich* by Pam Grout – dive in and apply the content in your daily life
- Finish your workday with a moment to reflect and offer thanks to all the amazing things that have happened – big and small.

"The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see."

-Robert Holden

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ABOUT CATHY

It all started when I was 4 years old, selling dandelions door to door (unbeknownst to my mom) and over time I have realized that I have a strong entrepreneurial spirit.

That, combined with being a lifelong learner and a curious person, I have founded and co-founded six successful organizations. I have also had a 15-year career in mental health and addictions along with knowledge translation.

I have spent nearly 3 decades as a business owner and entrepreneur. I have a lot of lived experience with different types of business ownership; sole proprietorship, partnerships, corporations, licences and franchises. What keeps me going are three things: my curiosity, creativity and willingness to take risks.

I am looking forward to sharing time with you and seeing how your business will continue to grow and flourish and reach the success you are dreaming of.

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