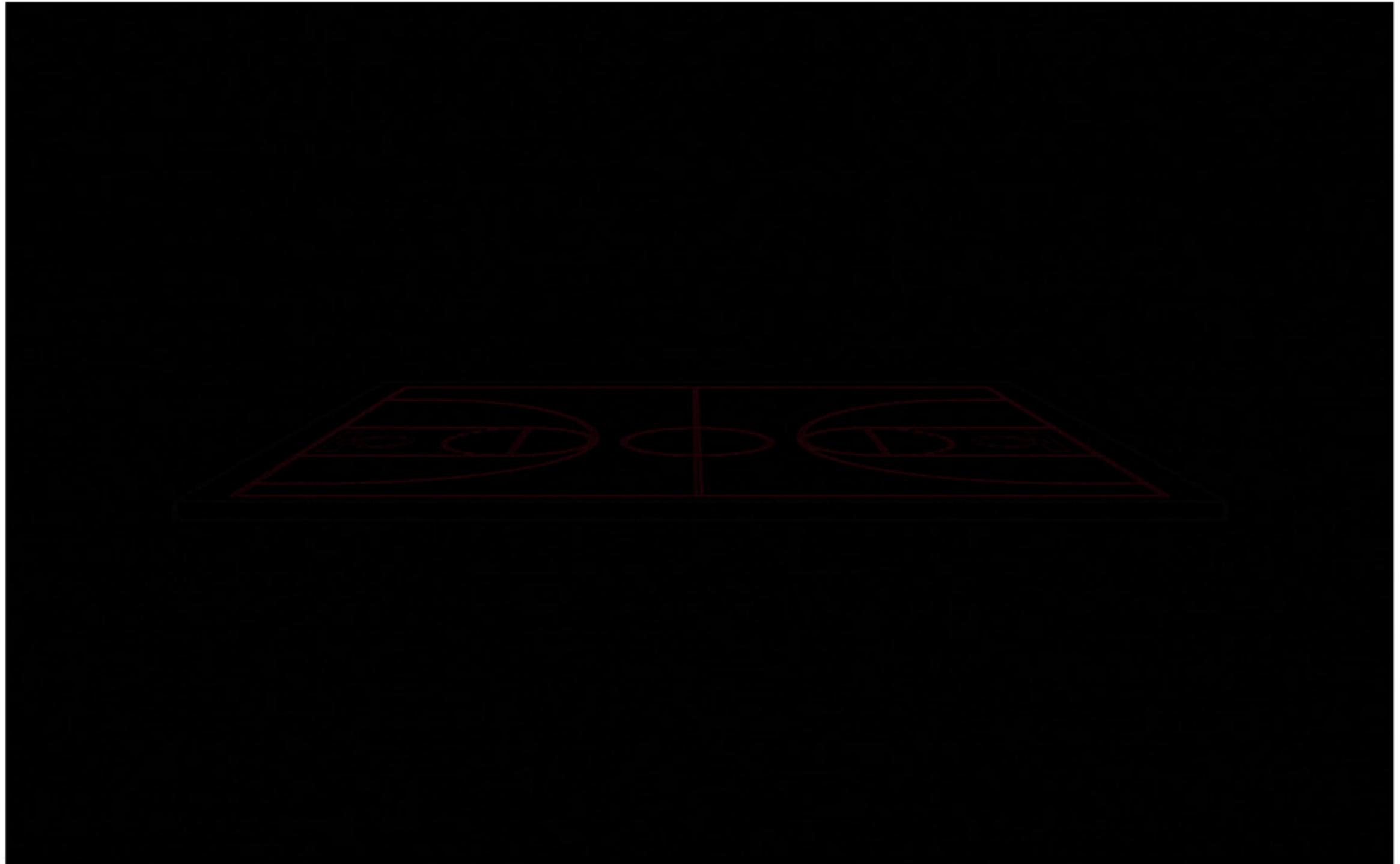


Gratitude



What culture are we creating?

Championship teams don't have S.O.F.T. players.

Sensitive to coaching/constructive feedback

Often feel entitled to success

Focused on their own wants/needs

Tolerates average effort from themselves and others

The Definition of Ubuntu

- The Zulu word “Ubuntu”
- Ubuntu is a word that means “Humanity to Others”, and “I am what I am because of who we all are”
- Ubuntu is a community that creates, maintains and provides for all





Video

ONE WORD

- **Motivate** & **Inspire** You
- Help you be YOUR best
- Give you **Focus** & **Purpose**
- Help you **Accomplish** YOUR Goals
- Keep Your **Commitments**
- **Help YOU & the TEAM be OUR Best**





Video

Nobody complains their way to a better life.

Replace GRUMBLING with GRATITUDE.

Change your perspective & change your life.

If you find yourself ever complaining;
put GRATITUDE at the end of it.

- Being stuck in traffic sucks BUT I AM GRATEFUL we have a car, places to go, & great music to listen to.

- Doing dishes sucks, BUT I AM GRATEFUL we have ample food, a home, & dishes to eat off of.

Small change, BIG DIFFERENCE in your mindset & life.

You cannot be GRATEFUL & GRUMPY at the same time so **choose** GRATITUDE!



← Post

Gratitude is like muscle. The more we do with it the stronger it gets. In this spirit here are 5 ways to practice Thanksgiving every day of the year.
- Read / Share this Positive Tip at jongordon.com/positivetip/po...

1) Take a Daily Thank You Walk - I started this practice 15 years ago and it changed my life. Take a simple 10-30 minute walk each day and say out loud what you are thankful for. This will set you up for a positive day. I wrote more about this in [The Positive Dog](#).

2) Meal Time Thank You's - On Thanksgiving, or just at dinner go around the table and have each person, including the kids, say what they are thankful for.

3) Gratitude Visit - Martin Seligman, Ph.D., the father of positive psychology suggests that we write a letter expressing our gratitude to someone and read them the letter. His research shows that people who do this are happier and less depressed a month later.

4) Say Thank You at Work - When Doug C... wrote approximately 30,000 thank you notes for his company in the process. Energize and engage them know you are grateful for them and their work. The best way to do this is collectively on recognition programs but the best way to do this is to write them of all consists of a sincere THANK YOU. And of course do this for your clients and customers too.

5) Say Thank you and Goodnight - At bedtime reflect on your day, identify and share all that you are thankful for. If you have children you can read [Thank You and Goodnight](#) with them and add to it.



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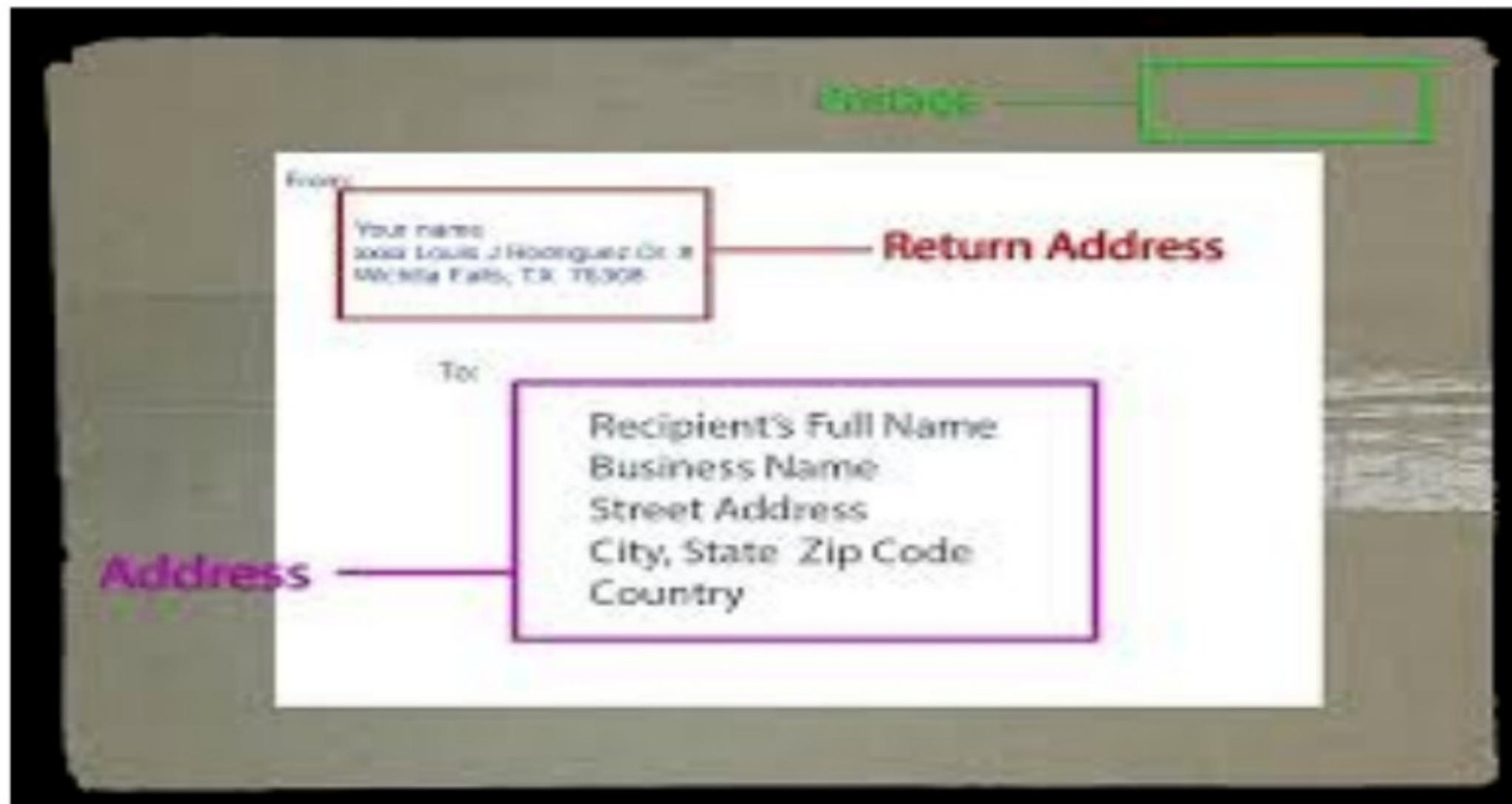
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How to address an



Before Next Meeting

- Turn in Thank You note with address to Coach Hooper
- Revisit Team Foundation Statements
 - Ways to Show Trust
 - Ways to show Commitment
 - How do we show WE CARE?