



Center For
Grateful
Leadership

*A Daily Acknowledgment
And Gratitude Journal*

The Grateful Journey has begun!

Introduction to the Daily Journal of Acknowledgment and Gratitude

You may be familiar with the vision I expressed back in 2006 in *The Power of Acknowledgment* as it was first published by IIL Publishing. This vision was bold and dramatic, but I truly felt and still feel that it can and will be accomplished. To restate it, here is what I saw and what IIL has tenaciously and loyally supported throughout the past decade:

“What actions would you take if you knew with absolute certainty that a simple action you could take every day for no cost and little effort would change your world, and the world at large, dramatically and profoundly for the better? What if this ability is something every person on this planet possesses, yet few use much if at all? What if using it regularly would transform your relationship with your husband or wife? What if doing it would make your colleagues at work not be able to do enough for you, and make the office atmosphere vibrant, productive and alive instead of lethargic, competitive, frustrated and bored?”

All of this is possible, yet most people don’t recognize this incredible tool or understand its power. What all of us possess, but most of us don’t use often enough, is the power of acknowledgment. Many of us have our reasons for not using it, but these are just excuses, rationalizations that hold us back from achieving powerful, positive results wherever we are or go. I have written this book to help people understand and use a tool that I believe can produce profound and dramatic changes in our intimate circles and far beyond.”

I soon realized that gratitude is as important as acknowledgment, as all of the phenomenal stories of the true power of acknowledgment came back to me. Once I saw the transformation that was occurring for people, it felt important to write a second book. It would be one that would focus on how gratitude --toward our peers, our leaders, our subordinates, our teams, our families, our communities – for their unique contributions and special gifts and talents, creates a culture of appreciation and vitality. In fact, those of you who have taken IIL’s Grateful Leadership Video Interactive On Demand course may remember its conclusion:

“So we conclude this presentation by telling you to GO GRATEFUL! This is on the back of the Grateful Leadership book, along with “Have the courage to learn, the vision to lead, and the passion to grow.”

As you bring this initiative to your teams, to your management, to your janitors and wash-room attendants, your customers, your suppliers, to your families, to your friends, your governments and to your communities, you will make a huge difference. And the world will be better for it. Thanks for being with us for Grateful Leadership! I'm grateful to you for being here. I'm Judy Umlas."

So acknowledgment and gratitude are intrinsic and interrelated parts of my vision. And you are the ones who will make it possible to realize this powerful vision.

This Daily Journal of Acknowledgment and Gratitude is a tool for you to use to gain mastery – heartfelt and authentic “fluency” in delivering acknowledgments and expressing gratitude, and to seeing the incredible, unpredictably positive results that occur when you practice this.

I therefore invite and urge you to sign the contract on the next page, not for ILL, or for anyone else, but your Self. Your true Self, which will value and appreciate this commitment that you are making. Thank you for being a part of this possibility for humanity which we are bringing about. **Let's GO GRATEFUL – together!**

With profound gratitude,

Judith W. Umlas



Contract with Self

I, _____, commit to using the Acknowledgment and Gratitude Journal on a daily basis for a year, with the understanding that this practice will improve my abilities to deliver heartfelt and authentic acknowledgments and express my gratitude to people in all parts of my life, not just at work.

When I let the opportunity to acknowledge someone or express my gratitude to that person go by, due to any of a host of considerations, concerns, excuses or just plain laziness, I will note that in my journal. By taking stock of my successes as well as my breakdowns, I will become more conscious both of the great and positive impact this behavior has on people, and of the high cost of letting these opportunities go by. This will improve my ability to display a generosity of spirit previously not known to me, or will greatly enhance a generous spirit I already have.

I take on this challenge with curiosity, commitment, some trepidation perhaps and hope – hope of improving my personal capabilities and competencies as a leader, a spouse, a parent, as a child of my parents, and as a community member, and of immediately changing the world for the better.

(signature)

(date)

January 2016

Consciousness: Become Conscious of the acknowledgments and gratitude that you already have in your mind and spirit.

Day 1

Day 12

Day 23

Day 2

Day 13

Day 24

Day 3

Day 14

Day 25

Day 4

Day 15

Day 26

Day 5

Day 16

Day 27

Day 6

Day 17

Day 28

Day 7

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Day 19

Day 30

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Day 20

Day 31

Day 10

Day 21

Day 11

Day 22

February 2016

Choice: It is your Choice whether to deliver the acknowledgment or to merely keep it floating around in your mind. Choose "yes" whenever possible!

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Day 28

Day 7

Day 18

Day 8

Day 19

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Day 11

Day 22

March 2016

Courage: It is courageous to deliver heartfelt and authentic acknowledgment—it makes us vulnerable. If you feel that you need to summon Courage, you are on the right track!

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Day 11

Day 22

April 2016

Communication: Determine the best way to reach your recipient. It is simple to Communicate your gratitude and appreciation once you choose to do so.

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Day 22

May 2016

Commitment: Once you witness the benefits of gratitude (for example, watch your people come alive, take more initiative, and work with more passion and engagement) committing yourself to being a grateful leader becomes easy and logical.

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June 2016

The world is full of people who deserve to be acknowledged.

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July 2016

Acknowledgement builds intimacy and creates powerful interactions.

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August 2016

Acknowledgment neutralizes, defuses, deactivates and reduces the effect of jealousy and envy!

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September 2016

Recognizing good work leads to high energy, great feelings, high-quality performance and terrific results. Not acknowledging good work causes lethargy, resentment, sorrow and withdrawal.

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October 2016

Truthful, heartfelt and deserved acknowledgment always makes a difference, sometimes a profound one, in a person's life and work.

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November 2016

It is likely that acknowledgment can improve the emotional and physical health of both the giver and the receiver.

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December 2016

Practice different ways of getting through to the people you want to acknowledge.

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