



Chapter 6: What are the Work-Related Benefits of Gratitude?



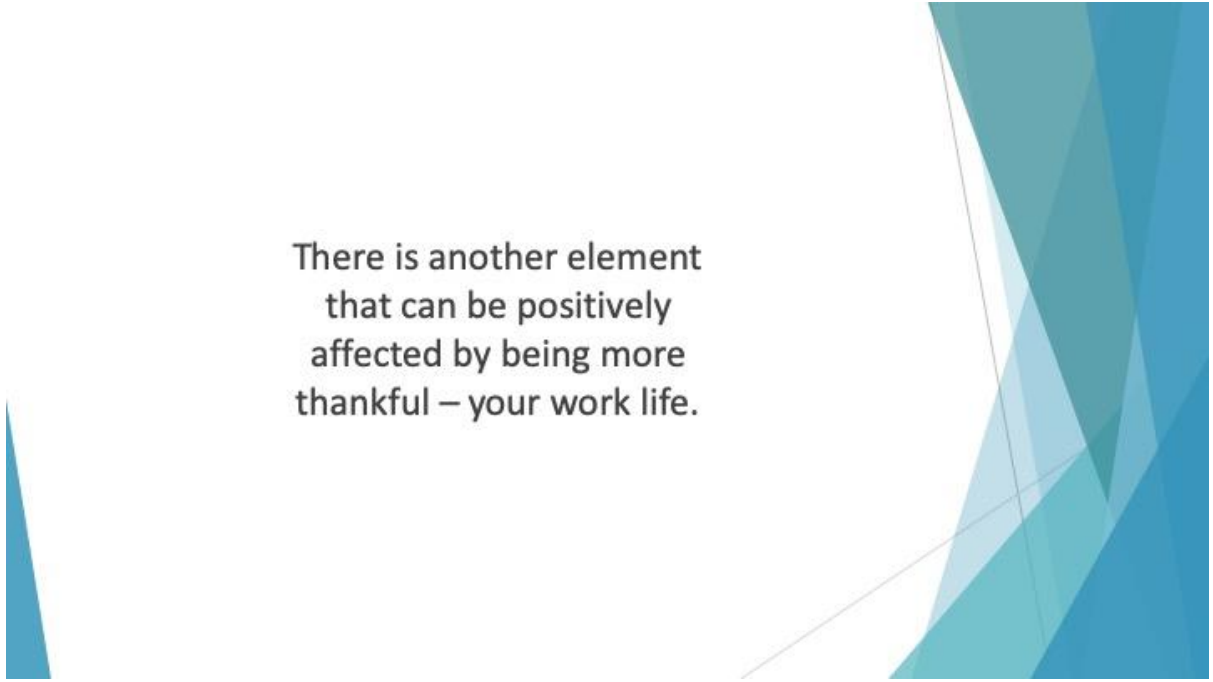
S1 : In this video, we'll discover about "What are the Work-Related Benefits of Gratitude?"



So, now we've looked at
how gratitude can make
you feel better physically
and mentally.




S2 : So, now we've looked at how gratitude can make you feel better physically and mentally. We've also looked at how it can improve your relationships and social life.




There is another element
that can be positively
affected by being more
thankful – your work life.

S3 : There is another element that can be positively affected by being more thankful – your work life.




Gratitude has been
shown to have a vital role
to play in helping boost
your career.

S4 : Gratitude has been shown to have a vital role to play in helping boost your career. It has been shown to make managers more effective, to help you network more effectively, to boost your decision-making abilities, increase your productivity and even to find new mentors or proteges.



In short, showing thankfulness can help you to achieve the career goals that you've set for yourself, not to mention making your place of work a more enjoyable and friendly place to be.

S5 : In short, showing thankfulness can help you to achieve the career goals that you've set for yourself, not to mention making your place of work a more enjoyable and friendly place to be.




So, how can practicing
gratitude more regularly
help you to improve your
work prospects?

S6 : So, how can practicing gratitude more regularly help you to improve your work prospects?




More Energy To Focus On Goals



Studies have shown that being grateful can give you the energy boost you need to focus on your career goals.


S7 : More Energy to Focus on Goals

Studies have shown that being grateful can give you the energy boost you need to focus on your career goals. In research, participants were asked to write the goals that they wanted to achieve.



Those who were more grateful
reported greater progress
towards meeting the goals
that they had set for
themselves by the study's end.

S8 : Those who were more grateful reported greater progress towards meeting the goals that they had set for themselves by the study's end.




As we've already mentioned,
being thankful naturally
boosts your motivation and
energy levels.

S9 : As we've already mentioned, being thankful naturally boosts your motivation and energy levels. It can actually change the way in which your brain functions.


You'll also be able to enjoy a better quality of sleep.



S10 : You'll also be able to enjoy a better quality of sleep.




All of these things work
together to help energize you
and give you the boost you
need to focus on your aims.



S11 : All of these things work together to help energize you and give you the boost you need to focus on your aims.




More Positive Working Relationships



We've already examined how demonstrating gratitude can help to improve our relationships and widen our social circle more effectively.


S12 : More Positive Working Relationships

We've already examined how demonstrating gratitude can help to improve our relationships and widen our social circle more effectively. This holds true for relationships within the workplace too.




Whether you're a leader, managing your workforce, or whether you're working alongside other colleagues, being able to communicate effectively and have a greater bond and understanding is the key to working success.

S13 : It couldn't be more important to build up strong and effective relationships within the workplace. Whether you're a leader, managing your workforce, or whether you're working alongside other colleagues, being able to communicate effectively and have a greater bond and understanding is the key to working success.



Gratitude, as we've already said,
promotes pro-social behavior,
and this results in better and
increased friendships.

S14 : Gratitude, as we've already said, promotes pro-social behavior, and this results in better and increased friendships. Thankful people, therefore, develop greater social capital when compared to their peers who show less gratitude.




This allows you to expand your network, strengthen your team's bonds and enjoy a more pleasant working environment.

S15 : This allows you to expand your network, strengthen your team's bonds and enjoy a more pleasant working environment.




A Can-Do Attitude That Helps You Come Out On Top



If you can't focus properly at work because you're constantly focusing on the negative, you can't reach the top and meet your targets.


S16 : A Can-Do Attitude That Helps You Come Out on Top

If you can't focus properly at work because you're constantly focusing on the negative, you can't reach the top and meet your targets. Conversely, if you're positive and confident in the workplace, you can be more productive since you can direct more focus towards your work.



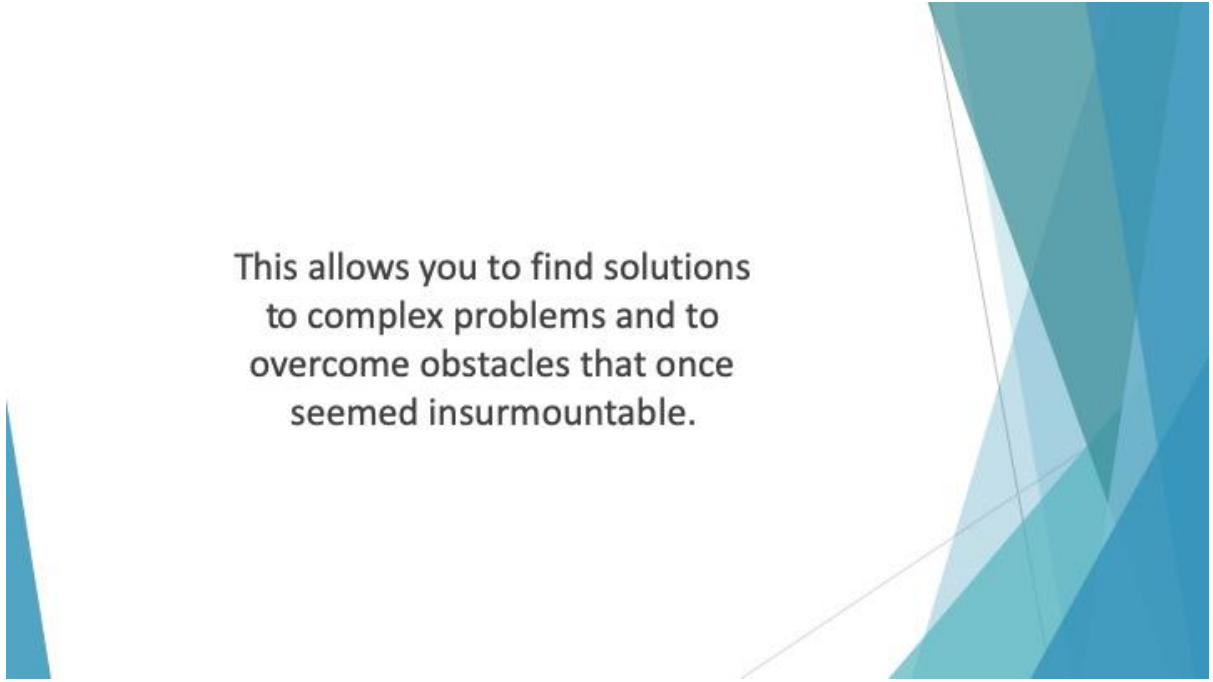
We've already looked at how gratitude can reduce your insecurities and boost your self-esteem.

S17 : We've already looked at how gratitude can reduce your insecurities and boost your self-esteem. When you apply this benefit to the workplace, you can see how it could help you to become more focused and productive.



Positive emotions, such as gratitude, broaden the mind and allow you to see more and become more creative.

S18 : Positive emotions, such as gratitude, broaden the mind and allow you to see more and become more creative.




This allows you to find solutions to complex problems and to overcome obstacles that once seemed insurmountable.

S19 : This allows you to find solutions to complex problems and to overcome obstacles that once seemed insurmountable.




Improved Leadership Skills



If you're a business leader, you'll know all-too-well that you'll need a wide range of skills to handle everything that comes your way.


S20 : Improved Leadership Skills

If you're a business leader, you'll know all-too-well that you'll need a wide range of skills to handle everything that comes your way. Criticism is something that comes too easily while feeling gratitude and expressing praise can often be lacking.



Sincere, timely and behavior-focused praise can make an enormous difference in the workplace.

S21 : Sincere, timely and behavior-focused praise can make an enormous difference in the workplace. It can certainly be a more effective way to influence positive change than criticism of employees.




There have been many studies that show expressions of thankfulness are very motivating, increasing employee performance while making the workplace a more pleasant place to be.

S22 : There have been many studies that show expressions of thankfulness are very motivating, increasing employee performance while making the workplace a more pleasant place to be.


Unfortunately, culturally we often find that expressing our gratitude is difficult.




S23 : Unfortunately, culturally we often find that expressing our gratitude is difficult. We're not used to telling other people that they're doing a good job.




Yet, it's something that can
make an enormous difference
at work, and something that
can take any organization to a
new level of success.




S24 : Yet, it's something that can make an enormous difference at work, and something that can take any organization to a new level of success.



If you cultivate an attitude
of thankfulness, this can
help extend to the
workplace too.




S25 : If you cultivate an attitude of thankfulness, this can help extend to the workplace too.

The image features abstract blue geometric shapes. On the left, a small blue triangle points upwards. On the right, a larger, more complex shape is composed of several overlapping triangles in various shades of blue, ranging from light to dark. A thin white line extends from the bottom left of this larger shape towards the center of the page.

Cultivating a more positive and thankful attitude also helps with decision making in the workplace – something that managers need to do regularly.

S26 : Cultivating a more positive and thankful attitude also helps with decision making in the workplace – something that managers need to do regularly.



When managers are well-rested thanks to the extra sleep that additional gratitude practice brings, and when they have a more positive and motivated approach thanks to the benefits that being thankful create, they are in a better frame of mind to make the right choices when it comes to the business and its workforce.

S27 : When managers are well-rested thanks to the extra sleep that additional gratitude practice brings, and when they have a more positive and motivated approach thanks to the benefits that being thankful create, they are in a better frame of mind to make the right choices when it comes to the business and its workforce.