

# Quest

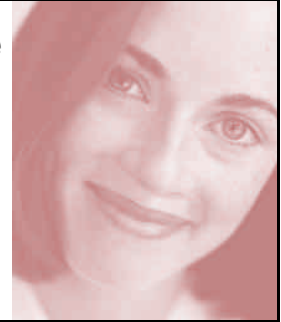
e-newsletter

Information, insight and inspiration for your quest

November 2002  
CommuniQuest, Inc.  
© 2002 Jennifer S. Beavers

## This issue

**Gratitude:**  
*Taking stock  
of your life.*



### LIFE MANAGEMENT PRINCIPLES

## Maintaining an Attitude of Gratitude (Part 1)

Having an attitude of gratitude is an essential life management tool. With it, you have a healthier and more balanced perspective on life. It gives you the ability to think clearer, make better-informed decisions and avoid over-reactive “the world is coming to an end” responses.

### Gratitude is a ...

**Mindset,  
Philosophy &  
Lifestyle**

A genuine attitude of gratitude is being thankful for **everything** that you have, are, and experience. It's an appreciation for the resources you possess, who you are as an individual, and everything that happens in your life. It's a mindset, philosophy and lifestyle.

In the next two issues of *Quest*, I'll share a variety of strategies for developing and sustaining an attitude of gratitude. In this edition, I'll introduce a method that will assist you in taking stock of your life and all the experiences that have brought you to where you are today. This month's *Quest* assignment may seem simple at first glance, however, I challenge you to look beyond the surface and dig deep. For Q Readers who would like to share their experience doing the exercise or the results of their inventory, I invite you to e-mail me at [jbeavers@communiquet.com](mailto:jbeavers@communiquet.com).

Below is this month's gratitude assignment. I strongly encourage you to carve out some time and invest in yourself. You're worth it and the benefits are immeasurable.

### November's Gratitude Assignment

**Conduct a Gratitory™** – A gratitory (gratitude + inventory) is an inventory/list of all the experiences, people and aspects of life that you are thankful for. To begin your gratitory, take out a sheet of paper, think over your life and list all the things for which you are grateful. Continue adding to your list as you think of additional items. ([See Figure 1 on page 2](#))

### Bonus Assignments

- **Share Your Gratitory with Family and Friends.** You can do this during a holiday celebration, use items from your inventory in a photo scrapbook, or include portions in a card or letter. You can also make a poster to place in your office or home, or create a screen saver for your computer.
- **Do a “Group” Gratitory.** It's a wonderful exercise for spouses, children and co-workers. A good way to introduce the gratitory concept is by making it part of an annual or milestone celebration (e.g. birthday, anniversary, graduation, Thanksgiving, New Year's Day).

(Continued on page 2)

Excerpts from Jennifer's Gratitude™

I'm grateful for ...

|   |  |
|---|--|
| My childhood  | A warm, dry, safe place to sleep   |
| Life's challenges, obstacles and setbacks   | My mind and all the ideas it produces  |
| My teachers   | The ability to walk, run and even in-line skate  |
| The wisdom of elders  | Clothes that keep me warm and dry  |
| The hymns my grandmother sang while washing dishes  | My relationships (e.g. family, friends, mentors, colleagues, clients, vendors, neighbors)        |
| My company (CommuniQuest, Inc.)   | The animal kingdom   |
| The opportunity to work in a home office  | The joy of the Lord  |
| Tools that allow me to be mobile (e.g. cellular phone, laptop and handheld computers, pagers)   | Every job I've ever held and every boss I've worked for  |
| Access to education, health care and technology   | My faith and relationship with God   |
| Convenient parking spaces   | A new day every 24 hours   |
| The skills of medical professionals and service providers (e.g. family physician, dentist, hair stylist, trash collector, mail carrier, plumber, electrician) | Natural and man-made beauty (e.g. trees, flowers, the sun, works of art, clothing, architecture) |
| The ability to read and write   | Freedom and civil liberties  |
| Every person I have ever encountered  | Money in the bank to pay bills   |
| My five senses (sight, touch, hear, taste, smell)   | The food available for every meal  |
| A healthy appetite  | The farmers who grow food  |
| Modern conveniences (e.g. washer and dryer, microwave, ice maker)   | Truck drivers who transport goods from place to place  |
| Running water, gas/electric and telephone service in my home  | The new opportunities that are around every corner   |
| The opportunity to travel around the world  | The ability to make choices  |
| The intellect and talent of others (e.g. scientists, inventors, writers, musicians)   | The capacity to love   |
| Health and sickness   | The freedom to pray and worship God  |
| Emotions (e.g. joy, sadness, peace, anger, love, disappointment)  | The hedge of protection provided by God  |
| The shelter of a home   | Reliable transportation and travel mercies   |
| A child's smile   | God's love, favor and grace  |
| My voice  | Peaceful sleep   |
| My hands that look like my Aunt Maura's   | The taste of chocolate   |

**Figure 1** – A gratuity (gratitude + inventory) is an inventory/list of all the experiences, people and aspects of life that you are thankful for. *Gratuity is a trademark of CommuniQuest, Inc.*

(Continued on page 3)



What made your gratatory list? I'd love to know and I'm sure other Q Readers would too. Please e-mail me and share your attitude of gratitude.

And remember, in next month's edition of *Quest*, look for additional gratitude growth strategies.



Jennifer is a professional speaker, author and president of CommuniQuest, Inc. Through her seminars and keynotes, she delivers fresh insight and proven techniques on how to work smarter and live a more satisfying life. For more information on her workplace strategies and inspirational programs, visit [www.communiquest.com](http://www.communiquest.com) or call 1-888-866-0821.

For guidelines on reprinting *Quest* articles in other publications, please e-mail inquiries to: [Quest@communiquest.com](mailto:Quest@communiquest.com). To be added the subscription list or to change your e-mail address, visit <http://www.communiquest.com/newsletter/newsletter.cfm>. To be removed from the list, e-mail [Quest@communiquest.com](mailto:Quest@communiquest.com). Please share *Quest* in whole or in part with copyright and attribution included.  
© 2002 Jennifer S. Beavers. All rights reserved.