



## Gratitude

Practicing gratitude will have many positive outcomes. When one is grateful one cannot be angry, stressed, or worried.

Focusing on gratitude highlights the many things we have, the positive people in our life, and helps us to find solutions to problems. When we welcome challenges and thank them for the lessons we learn, we remove their power.

Gratitude influences people. When you express thanks for a gift of time, treasure or talent, people understand you value their contribution and will want to continue to contribute to your organization. Expressing gratitude for volunteers, donations, and gifts will display the value you place on your community.

Showing gratitude is as simple as a heartfelt thank you, a well written note, or a press release. As a nonprofit it is important to know that displays of gratitude are not costly. Donors and volunteers give to you because they are invested in your mission, not for a fancy thank you dinner. Show your thanks in ways that do not cost a lot but are sincere and from the heart. Never hesitate to call a foundation to say thank you, or to commend a volunteer for a job well done.