

LEADERSHIP LAB

Moving from Entitlement to Appreciation

- Gratitude is a **preset** for your level of joy and contentment.
- Gratitude is a **precursor** to the ability to handle any and every situation.
- People who consistently win in life are people who have high levels of gratitude.
- You can't keep a thankful person down—they will always rise to the top.
- Entitlement prevents us from experiencing God's goodness.
- Entitlement says, "I deserve this. You owe me. I should get this."
- Gratitude says, "This is more than I deserve! I am so blessed! Look at all I have been given!"
- Gratitude is like a magnet, pulling good people and good experiences into your life.
- Harbor thoughts of appreciation for the abundance that God has given you.
- Sometimes we do the opposite and harbor thoughts of scarcity.
- **Philippians 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.**
- Gratitude brings you back to the present moment, to all that is good in your life right now. It doesn't have the mindset that, I'll be happy or grateful when _____.
- Gratitude is a **choice**. It is a conscious and deliberate decision to focus on life's blessings rather than on its shortcomings.
- When you focus on your blessings, your life feels abundant. But when you focus on what's missing, life feels incomplete.
- Gratitude is a **consequence**. It is a feeling. It's a sense of joy and appreciation in response to receiving a gift, whether that is a concrete object or an abstract gesture.
- Gratitude is a **capacity**. It is a learned skill of creating value in routine situations and relationships.
- Gratitude points your heart and mind in the direction that is good.
- Make daily declarations about the kind of person you are deciding to be.
- Declare this over your life: "I am unusually grateful."

How to develop a heart of gratitude:

1. Allow your mind to steep in good things.
2. Be intentional to speak, out loud, people and things you are thankful for.
3. Tip the scales so that you are disproportionately grateful more than entitled.

Discussion Questions:

1. What percentage of your mental real estate are you using to be thankful?
2. When was the last time you were intentional to thank someone?
3. Who do you need to say thank you to today?