

There is a calmness to a life lived in Gratitude, a quiet joy.

Ralph H. Blum Quoted in "Words of Gratitude" by Robert A. Emmons and Joanna Hill

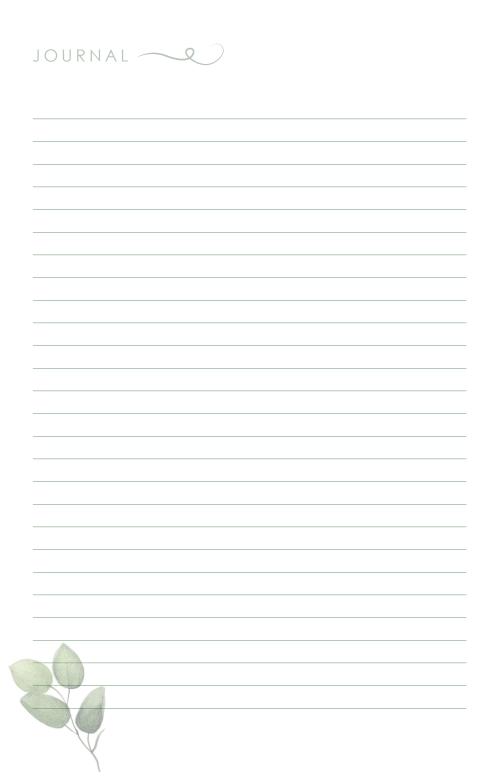






is the simplest form of gratitude. Karl Barth Quoted in "Joy" by Beverly Elaine Eanes

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Building corporations with emotionally intelligent employees working together to create safe, healthy, and happy work environments.

PILLARS

Truthfulness. Kindness. Connection

TRUTHFULNESS

The first pillar of Corporate Kindness is: TRUTHFULNESS

We all have a responsibility to know our truth. We have to do the hard work and earn a PHD in knowing ourselves. At Challenge to Change we teach social emotional learning. This learning begins with knowing the truth of who we are and what core values make us our beautiful human selves. When we know these truths, we are able to make better choices for ourselves and with the ones who surround us. When we make better choices for ourselves, we can then freely give our time and talents without resentment or regret. When we know our core beliefs and values, we better understand why we get upset by certain situations and individuals. Often, it is because our deep truths are rocked or challenged.





CONNECTION

This leads us to our second pillar of Corporate Kindness: CONNECTION When we are clear about our truth, we are able to see the vision we set with simplicity and live inside the lane aligned with our personal truth. Thus, allowing us to truly connect with others versus feeling threatened and unsafe in the work environment. We may look at the green grass our neighbors have, but rather than desire it, we admire it. We are able to communicate how we admire the grass they have, but are also able to look at our grass with admiration. When we live our truth with connection, we are better able to have hard conversations with one another. We can be vulnerable with the situation presented and others involved. We are better able to notice our own actions and reactions as well as the effect they have on other individuals we work with.

KINDNESS

Living a life of truth and clarity leads to our third pillar of Corporate Kindness: KINDNESS

It is essential to be clear in the hard discussions, but it is just as important to be kind. Kindness used to be the way everyone acted toward each other, but it is not a priority anymore. At Challenge to Change, we believe in being honest with who we are and honoring our social emotional makeup. We don't try to change our feelings and emotions, but navigate them. As we do this, we have a better understanding of where others are coming from. This allows us to act with empathy and compassion - two essential elements of kindness.



Gratitude .

The quality of being

thankful; readiness to

show appreciation for;

to return kindness.



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What does GRATITUDE mean to me?	
How do I DEMONSTRATE gratitude in my life	
For the things I have?	
For the PEOPLE that I love?	
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For the WORK that I do?	2/0/4
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DAILY JOURNAL	DAY THREE
Use this space to write 3-5 things you are grateful for everyday. Can you make this part of your morning or evening routine to start or end your day with a reminder of all you have?	DAY FOUR
CHALLENGE • Write down different items each day. For example, if you write down your spouse on Day One, you wouldn't repeat your spouse on a future day.	
DAY ONE	DAY FIVE
DAY TWO	DAY SIX