

**Baystate Coaching for Success: Newsletter**  
**November 2008 Issue**

**THANKSGIVING**

I love Thanksgiving, not just for the meal and family gathering! It is also a wonderful opportunity to take time recognizing that which we are grateful for and share with others our offerings. It gives us the opportunity to fulfill this great longing: the heartfelt need to express appreciation to someone or something for what we've been given.

What if we were to maintain such a generous spirit throughout the year? It is well understood that those happiest and most successful are often those that are most giving and appreciative of others. We have been taught "the more you give the more you will receive", "even in the giving you are receiving more", and "freely give without wanting something in return".

So, how can you express your appreciation even more? , how can you enhance your already giving nature?

**"Thanks"**

Who we are and how we got here is influenced by others in our lives and before us. We have a lot of people to thank; our ancestors, teachers, family, friends, community leaders, artists, writers, heroes and the list goes on.

**Create your personal list.** Who has influenced your life? Who would you like to pay homage to in your heart and with a thank you? Feel free to contact someone you have not seen in years, go for it!

**Share your thank you.** Any day is a time to send a thank-you to someone who did you a good turn and to those everyday heroes that we take for granted.

**Thank you with a favor or treat.** Treat your friend to a meal, a movie, or just a snack (ice cream, frozen yogurt, pie and coffee, etc.). Be available for favors that can show appreciation.

**Maintain a thankful attitude.** As you go through your day, intentionally see new things and experiences to be thankful for. Pause for a moment and just notice

what is around you. You will easily see what there is to be grateful for. Consider what persons may have contributed to this offering you appreciate.

**Start a Gratitude Log.** At the end of a day, list all the things you are thankful for that day. You will go to sleep feeling satisfied. The next morning, read what you wrote and you will approach this new day with an attitude of gratitude.

## “Giving”

When we are thankful we come from a place of abundance, willing and wanting to share generously. Sometimes we get so busy we overlook opportunities to give in simple yet meaningful ways.

**Offer compliments and recognition to others.** Compliments are a simple, yet powerful, relationship building tool. Each time you give a compliment, you focus completely on the other person, actively observing their positive traits or attributes. Compliment giving is a jump-start for looking at the world in a positive, refreshing, stimulating, and creative way.

Choose something that is unique about that person.

Make a list of the positive qualities you like about him/her.

What is it about this person you admire the most?

**Brighten up someone’s day with a visit or a call.** Take time out of your busy day or week and visit someone who would enjoy your company and attention. Catch up with others on what is happening in their lives with a phone call.

**Give of your experience, knowledge, skills and success.** Your knowledge and experience is valuable only if you share it! Become generous with sharing information, resources, and ideas to those who so desire it.

***And simply, listen more, say “I’m sorry”, and smile often!***

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**If you would like to consider hiring a coach** to help you achieve your most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com) for a complimentary coaching consultation. Go to [www.baystatecoaching.com](http://www.baystatecoaching.com) to learn about my services.

**Kindly forward this newsletter to anyone who will benefit from it. Thanks!**