

# Career Advice

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HAWAII CHAPTER

## Showing gratitude can enhance your work life



Improving your knowledge, skills and abilities is essential to success in any work field. However, many jobs also require cultivating and strengthening relationships with other people. Seeing the good in others — and in most work situations — can help improve the quality of your relationships. Authenticity is important. Showing genuine appreciation for others indicates that you really see them and that you care.

**Q:** Having an “attitude of gratitude” can definitely yield positive out-

comes in one’s personal life, but how does that translate into one’s professional life?

**A:** If your job entails relating to other people, adopting a habit of thankfulness can work wonders for your career. Practicing thankfulness can give you a more positive outlook on life, giving you more energy to work on and achieve your goals, and increasing your productivity. Having an “attitude of gratitude” does not mean overlooking problems that require remedy. It means seeking to see the good in people and at work.

**Q:** How do I begin incorporating thankfulness into my career?

**A:** Start with small steps. Follow up on interviews with thank you notes to potential employers — this gives the impression of thoughtfulness, indicates your desire for the position you interviewed for and helps you stand out from the pack of candidates. In the workplace, thank your colleagues for opening the door to opportunities, or helping you out with a tough question on a subject they may have knowledge on. Recently, a person I thanked 20 years ago told me that he saved the note. People notice when you take the time to thank them.

**Q:** How can being thankful help me become a better leader?

**A:** People in general listen to people who appreciate them. A thankful leader who acknowledges and appreciates the good work of his or her colleagues is a person that people admire.

**Q:** Can thankfulness foster teamwork?

**A:** There are multiple studies that have shown that people who are thankful are more likely to receive help from others because their kindness is appreciated — simply put, people like working with people who are nice.

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