Gratitude is the quality of being thankful; readiness to show appreciation for and return kindness by thinking outside of “YOU.”

It is easy to compare our own situations to other people’s situations. Avoid the following:
- Bringing others down - Thinking of others positively has been proven to better your mood and increase your happiness; Stop the gossip.
- Social comparisons - Keeping score of how other people are worse off than you has no positive impact.

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Feelings of gratitude can benefit physical, emotional, and social well-being. Practice choosing gratitude by:
- Reflect and say “thanks”
- Journal - Appreciate the positive aspects of your life and write it down.

Gratitude for the OPPORTUNITY
- Be grateful for your chance to participate in a sport
- Time investments of your coaches
- Fan and community engagement and support

Gratitude for the BIG PICTURE
- Be grateful for that thing that drives you to be your best
  - Pulling up your teammates and working as a group
  - Pushing yourself harder then you ever thought possible

Gratitude for the PROCESS
- Be grateful for the things that can’t be scored
  - Mental training and toughness
  - Organization and balancing skills
  - Resilience and ability to face adversity

89.4% of UVa students believe that helping others fulfill their potential helps them thrive.

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People who think daily about what they are grateful for have increased determination, attention, enthusiasm, optimism, and energy.

Gratitude increases athlete’s self-esteem, an essential component to optimal performance.

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STOP THE SABOTAGE

Athletes who are grateful have increased team satisfaction, lessened athlete burnout, and greater overall well-being.

FAST FACTS

HOO KNEW?

CULTIVATING GRATITUDE

PRACTICING GRATITUDE

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1Gratitude. Entry 1. (1884). In Oxford English dictionary online (2nd. ed.)