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THE POWER OF THANK YOU

In the spirit of Thanksgiving this week I'd love to share with you the benefits and power of two simple words. THANK YOU.

They are two words that have the power to transform our health, happiness, athletic performance and success. Research shows that grateful people are happier and more likely to maintain good friendships. A state of gratitude, according to research by the Institute of HeartMath, also improves the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure and heal physically. It's actually physiologically impossible to be stressed and thankful at the same time. When you are grateful you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you.

Gratitude and appreciation are also essential for a healthy work environment. In fact, the number one reason why people leave their jobs is because they don't feel appreciated. A simple thank you and a show of appreciation can make all the difference.

Gratitude is like muscle. The more we do with it the stronger it gets. In this spirit here are 5 ways to practice Thanksgiving every day of the year.

- 1) Take a Daily Thank You Walk - I started this practice 16 years ago and it changed my life. Take a simple 10-30 minute walk each day and say out loud what you are thankful for. This will set you up for a positive day. I wrote more about this in The Positive Dog .
- 2) Meal Time Thank You's - On Thanksgiving, or just at dinner go around the table and have each person, including the kids, say what they are thankful for.
- 3) Gratitude Visit - Martin Seligman, Ph.D., the father of positive psychology, suggests that we write a letter expressing our gratitude to someone. Then we visit this person and read them the letter. His research shows that people who do this are measurably happier and less depressed a month later.
- 4) Say Thank You at Work - When Doug Conant was the CEO of Campbell Soup he wrote approximately 30,000 thank you notes to his employees and energized the company in the process. Energize and engage your co-workers and team by letting them know you are grateful for them and their work. Organizations spend billions of dollars collectively on recognition programs but the best and cheapest recognition program of all consists of a sincere THANK YOU. And of course don't forget to say thank you to your clients and customers too.
- 5) Say Thank you and Goodnight - At bedtime reflect on your day, identify and share all that you are thankful for. If you have children you can read Thank You and Goodnight with them and add to it.

I hope you have a wonderful Thanksgiving. Thank you for allowing me to share this newsletter with you. I'm thankful for YOU.

Jon Gordon

“Talent might make you good, but it’s your attitude and work ethic that will make you great.”

WINTER ACADEMY DATES

Dec 4,7,18

Jan 8,15,22,29

Feb 5,12,19

March 5,12,19,26

PLEASE LET US KNOW IF YOU ARE INTERSTED!!!

Streak Shooting -

This is a timed drill that you could do from mid range to three point range.... Or perhaps even NBA range.

- 1:30 Time on the Clock
- Must Make 3 in a Row to Move On

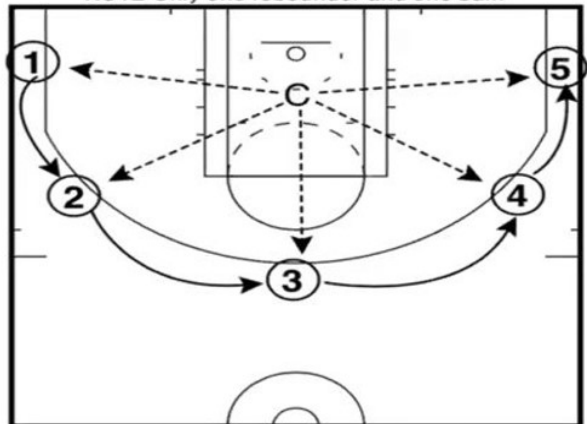
If you happened to make it to spot #5 and complete it - it would now become Spot #6 and you would work your way around.

The Record for him was 7-2.

- The 7 is the Spot Number
- The 2 is the Number of Makes in a Row when time runs out.

"STREAK SHOOTING"

Streak Shooting is 1 minute and 30 seconds. A player must make 3 shots in a row before he can move on to the next spot. Depending on the player or position players can do 15 ft, high school 3's or NBA 3's.
 "NOTE Only one rebounder and one ball."



Make 3 shots in a row from each spot. Attempt to get to as many spots as you can in 1:30. Once you get to the corner go back around starting in the same corner you finished at and try to go back around. The score is based on 2 numbers. The first number is the spot you are on, and the second number is the number of shots you have made in that spot. The score 7 / 2 would mean that the shooter got to the 7th spot and makes 2 shots in a row from that spot. 6 / 0 would mean the shooter hit 3 shots from the 5th spot, but did not make any in the next spot.

X PASSING

