

Gratitude as An Attitude for Change of Level

Everything You Need to Read to Make Gratitude an Attitude.

Tolu Adebayo

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Introduction

The need to remind the world what I know about gratitude birth this piece. It is a come together of my understanding on gratitude. It is expected to review and expound periodically. It is a training material for new coaches in Super Achiever Foundation. Majority of my personal experiences were withdrawn so you can see the book as manual instead of author's opinions.

They are simple principles that we need to take seriously. Your next level demands some level of seriousness from you, it is what you take seriously that will determine if you are serious about it. Gratitude can give you grounds as ingratitude can get you grounded.

While reading this material, create a goal for yourself. My goal as the author is to inspire you to do more and be more. The Super Achiever Foundation is known for helping people to discover, develop and deploy their gifts. All our activities and partnerships are geared towards achieving these. As organization with several arms, we are open to partnerships.

Editor's Remark

In this book, Tolu Adebayo has been able to explain in-depth the reason we have to make gratitude an attitude. It has been enormous source of strength and in-sight to the beauty in our being and in the likes of others. – Tobi Adebogun

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Gratitude

Quote of the Day: If you don't know much about what you know, you might not do much with what you know - Tolu Adebayo

Flip through dictionaries, you'll see different definitions. Gratitude is the quality of being thankful; and readiness to show appreciation for and to return kindness.

Let's deal with what is common about those definitions so I can give you a relatable definition of gratitude.

A few things are common, they are

- Thankful - which means saying thank you or appreciating someone.
- Goodness - which simply means a thing or an action is considered good.
- You - The action is directed toward you directly or indirectly.
- Feelings: The good feelings that you have after an action is carried out towards you directly or indirectly.

Gratitude is the art of humility expressed with words, actions, and posture. It's a 360 approach because it comes from the heart and it has to reach the targeted heart. It cannot be faked because it can be tested.

Again, I describe gratitude as the right attitude towards life even when the situation in front of you is not define as pleasant by you or many.

Meaning, it may not be what you want. It may not be how you want it. There might something about it that you don't want. The right disposition towards anything and everything in life is gratitude.

Tell me your definition of gratitude. What does gratitude mean to you? You can send it to me on WhatsApp on 08153313359 or via social media The Super Achiever Foundation. I look forward to learning and connecting with you.

Bests of Gratitude

The best of all things has it types, when you know your types, you can tell your terms.

- Tolu Adebayo

Smart, this is day two. Let's build on the definition we had yesterday. Gratitude is the art of humility expressed with words, actions, and posture. It's a 360 approach because it comes from the heart and it has to reach the targeted heart. It cannot be faked because it can be tested.

Again, I describe gratitude as the right attitude towards life even when the situation in front of you is not defined as pleasant by you or many.

These will enable you to identify the types. It's an action that goes beyond saying "thank you" and carries profound significance in our lives. So, we can identify gratitude as a trait, as a mood, and as an emotion.

Gratitude as a trait, refers to one's overall tendency to have a grateful disposition. It's a characteristic of one's emotional makeup and a quality that defines who we are. These types of people are often grateful for everything. It is a trait.

Gratitude is a mood, when gratitude becomes a mood, it means that, at a particular moment, you are overwhelmed with a sense of thankfulness and appreciation. It is a trait that you can activate as self-will for self-improvement.

Gratitude as an emotion, emotions are intense, complex, and often temporary feelings that often arise in response to specific events or experiences. When you feel grateful as an emotion, it's a response to things like acts of kindness and a profound acknowledgment of the value someone or something holds in your life.

The three categories can be further divided into Humility – the notion of receiving a special blessing as one chosen among many. Optimism – something is better because of this blessing. Indulgence – someone went out of their way to create this blessing. Wow – this blessing exceeded expectations. Abundance – this blessing is more than is needed. Piety – my prayers have been answered with this blessing. Affirmation – this blessing reinforces my sense of identity and/or purpose

In chapter eight, we will deal with how to express gratitude, don't miss it!

Heart of Gratitude

If it is not in your heart, it is not part of you because gratitude is thing of the heart.

Tolu Adebayo

Cultivating a heart of gratitude means having an appreciation for life in the present moment. It's counting our blessings, noticing simple pleasures, and acknowledging the abundance already here. When we are truly thankful for what we already have and content with what is – this is enough.

Do you remember our definition of gratitude. Gratitude is the art of humility expressed with words, actions, and posture. It's a 360 approach because it comes from the heart and it has to reach the targeted heart. It cannot be faked because it can be tested.

Living with a heart full of gratitude means that you find appreciation in everything around you. You look for blessings everywhere and you take time to stop and smell the roses every chance you get.

We develop gratitude as a child. Our spiritual education, DNA, and society all contribute to our attitude of gratitude. But I truly believe that a heart of gratitude comes from a heart of love.

Love comes from God. We may learn about love from our parents. But until you really understand agape love, you're really just scratching the surface of what it means to love.

We have a choice to be thankful. We can choose to go to the dark side of negativity. Or we can choose to offer thanks. Thanks for every good gift. And thanks for the struggles. Because there's always a blessing in every struggle.

Every day, and in every way, I have learned to be thankful for what I can do and for what I have. I don't focus on what I don't have and what I can't do. There's no point. Instead, I focus on my blessings.

We need a heart full of gratitude. it keeps us from discouragement and complaining especially in the state of the world that we're living in today.

In prayer, give thanks to God. Share our gratitude with others. Talk about your blessings. Do gratitude, meaning because I am thankful for this in my hand, I want to do that for you and everyone.

I wrote this book the year I lost my mom. I'm grateful that I'm still alive. There was a prophesy that a loved child will die with her. None of my siblings choose to die.

None. We didn't force it but we were just grateful for life. Do gratitude. There are several things that makes for gratitude.

Do them. Find them. Making a list will not help you. Be deliberate about finding them.

The Gift of a New Day

If you are still alive, you are privilege, go ahead and say Thank You to God, People and Yourself - Tolu Adebayo

Yesterday, I ended our conversation by telling you that my first edition on gratitude was put together the same year my mother die. 2023.

Do you know what? Only the living can give thanks. Only the living can ask for more. Only the living can do better.

The gift of a new day deserves gratitude. Don't wait till someone or something want to take the gift from you before you say Thank You.

It's a gift. Stop acting like it is normal to still be alive. It's not given. It's not everyone that need it that got it. It can't be bought with money; I'll have told you that the rich know how to get it. Are you thoughtful? Are you grateful?

Anticipate waking up each morning with peace in your heart, excitement for your day and hope for your future. God loves to make things new.

Make it a duty to appreciate God for keeping you alive. Remember, I describe gratitude as the right attitude towards life even when the situation in front of you is not defined as pleasant by you or many.

The only reason why you think that you need more is because you are still here. If you are no more, there will be no more. Do Gratitude. The opposite of gratitude is no longer ingratitude, it's 'gragra-nation'

The “gragra” is a slang from Nigeria, the Yoruba rejoin which could mean doing things without thinking or making moves without paying attention to details. Bringing it together with the English word “nation” which could mean a group of thought or people.

Breath of Thanks

Every product has user's manual, anything against the users' advice is abuse. – Tolu Adebayo

Take a deep, slow belly breath in. And as you breathe, think about one of the things or people you are so grateful for and breathe in all that makes it so special.

As you breath out, breath out a deep sense of thanks for that special person or thing. Are you still in touch with our definition of gratitude?

Gratitude is the art of humility expressed with words, actions, and posture. It's a 360 approach because it comes from the heart and it has to reach the targeted heart. It cannot be faked because it can be tested.

This exercise inspires thoughtfulness. It's also used in meditation. It is considered medicinal. You don't want to play with this.

Take 10 mindful breaths without losing focus. Keep your mind focused on your breath as you slowly, and with control, breathe in and out. It might help to count the speed of your breaths, thinking, "Inhale, two, three, four; exhale, two, three, four." Stay connected to your body and notice how the breath feels throughout your body.

You can do this lying down, taking a walk, sitting down, standing or waiting. While you take a ride as long as you are not the one driving. Thoughtfulness birth thanksgiving. Popular Bishop Oyedepo will say, if you are thoughtful, you'll be thankful. That's just the truth. Give it a try.

As long as we are living, we can hope, fix, change, and grow. When we can thank God for every breath, we can be grateful for everything.

Gratitude in your life

Gratitude is not just a feeling, its action driven by understanding. - Tolu Adebayo

To become a more thankful person, you have to be intentional about it.

Every day, say aloud three good things that happened. This can be a fun activity to do with your friends, self, kids or work. it's also extremely powerful to express gratitude aloud when you're alone.

👉 Keep a gratitude journal. Jot down the small things from your day that mattered to you. If you're having a particularly rough day, you can look back through the pages of accumulated blessings in your life.

👉 Say thanks to your partner. Couples who express gratitude toward one another set up a powerful feedback loop of intimacy and trust, where both partners feel as if their needs are being met.

The same goes for business partners, co-workers and many other relationships.

👉 Cool a hot temper with a quick gratitude inventory.

One of the quickest ways to dispel the energy of a stormy mood is to focus your attention on what's good.

So when you're about to lash out at someone, take a moment to do a quick inventory of five things you're thankful for in the moment.

It could be your good health, clean air. These details will help you relax and avoid saying something you'll later regret.

👉 Thank yourself. Gratitude doesn't always need to be focused on what other people have done for you! Make sure you give yourself a thank-you for the healthy habits you've cultivated in your own life.

👉 Use technology to send three gratitude messages a week. Find yourself tethered to your cell phone or the internet for hours each day? Harness the power of this technology to send out some good vibes, such as a text or Facebook comment, to tell your friends why you appreciate them.

👉 Savor the good moments. If you notice you're feeling happy, stop what you're doing and pay attention for a few minutes.

Notice exactly how you feel, including the sensations in your body and the thoughts you're having. Later, when you're trying to inspire gratitude, you can remember this moment and experience the benefits all over again.

👉 Check for silver linings. Even the most difficult life challenges come with some benefit—you just have to look to find them.

Being sick draws the compassion of friends. Making a mistake teaches you a lesson. When things feel hard, ask yourself: What's good here?

👉 Look outward, not inward. Robert Emmons says people are more likely to feel grateful when they put their focus on others, rather than getting caught up in their own inner narratives about how things should have gone.

👉 Empathy for others can trigger a sense of gratitude, and people who have an outward focus tend to experience stronger benefits.

👉 Change your perspective. If you struggle to come up with something to feel grateful for, put yourself in the shoes of someone who is experiencing misfortunes greater than your own. Recalling a colleague who has a debilitating physical condition, for example, will inspire gratitude for your own healthy body, which you may have taken for granted otherwise.

The Habit of Gratitude

If you don't do often, it is not yet a habit. If you do it daily – Tolu Adebayo

The key to making gratitude a habit is simply taking the time—once a day—to focus on the experience of gratitude. You might do this by writing down three things that you are grateful for, or by expressing gratitude at the beginning of a meal.

It's easy to focus on what we want rather than what we have. But when we shift our awareness to the present moment, we begin finding moments of gratitude in everyday life.

Without gratitude, we focus on life's imperfections; in fact, they often become all that we can see. Gratitude gives us a wider perspective. We may still see the imperfections but we also recognize the blessings that surround them.

Gratitude diminishes anxiety, depression, and other signs of psychological unease while simultaneously cultivating appreciation and contentment.

If you feel frustration while sitting in traffic, gratitude can help broaden your experience. You can begin to notice the changing leaves on the trees, relax into your breath, or use the delay as an opportunity to really listen to your favorite music.

It's easier to start if you are ready. Focus on finding one tiny thing that you appreciate between the time you wake up in the morning and wind down for bed at night.

As Oprah beautifully says, "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

Again, writing something down is a surefire way to better remember it, which means you'll find it easier to call up and continue to appreciate all of the special things you begin to notice on the daily.

Try doing something nice for someone else — not only will it brighten your mood to bring someone else joy, but you'll probably feel ultra-grateful for your time, talents, abilities or whatever else you have to offer.

Start today. Take advantage of Super Achiever Foundation Gratitude Days. It will be announced in the group and on all social media platforms. Stay close.

Expressing Gratitude

Expressing gratitude helps people feel more positive emotions, cherish good experiences, and think more deeply about what they have rather than what they lack.

Going the definition of gratitude, which state that Gratitude is the art of humility expressed with words, actions, and posture. It's a 360 approach because it comes from the heart and it has to reach the targeted heart. It cannot be faked because it can be tested.

It is essential that we talk about how to express gratitude today. If you want to communicate how much your friend or relative made an impact, expressing gratitude with extra enthusiasm can emphasize the extent of your thanks.

Phrases like “You made my day!” or “You saved my life!” are more potent than simply saying thank you.

When thanking someone for several things, you want to be sure to vary the words you use to show your appreciation. Combining a few of the most common “thank you” phrases, such as “Thanks a million. I appreciate you so much. You’re the best.” packs a much more powerful punch than only one.

It’s really easy to get specific when you are expressing gratitude—all you have to do is add “for” to the end of your initial phrase. For example: Thank you for . . . , I appreciate you for . . . , I am grateful to you for . . . etc.

Whether you choose to shout out a colleague in a company-wide channel, spotlight your project partner during a meeting, or to show appreciation to a friend through a post on your Instagram story, there are many ways to go above and beyond a simple direct message.

Writing on paper feels more heartfelt than an email or text—perhaps because it is physical and can be displayed or stored forever. Expressing gratitude is rewarding. Try it.

The Energy of Gratitude

Expressing gratitude makes us feel better. When we give thanks or express gratitude we increase the neurotransmitter dopamine – our brain's own “feel good” chemical.

Dopamine increases our energy and turns on our brain's learning centers and allows to us feel more motivated and content.

Many companies are tapping into this and encouraging their employees to make efforts to support gratitude as well as create an environment where positivity and gratitude are part of the corporate culture.

Being grateful is a crucial part of developing a growth mindset. Gratitude is our inner compass. It helps us overcome self-limiting beliefs; gain a more positive perspective on our life; show ourselves some self-compassion and self-love; and deal with the challenges on the way to accomplishing our goals.

Gratitude has the power to heal. It inspires us to be more creative and shifts our perspective towards positivity, improving our mood, health, and overall well-being. Gratitude is a force of good. it's an energy and a way of being.

Being in a state of gratitude is about embracing this energy and letting it flow through you toward the world. If you want to channel the energy of gratitude, focus on the good and surround yourself with what brings you joy and stillness. Walk, reflect, and talk more about gratitude.

Prioritize it, commit to it, and let it become a central part of your life that inspires everything else. Building gratitude-centered routines and rituals is the best way to experience this positive energy of living.

Create a gratitude loop, develop an attitude of appreciation, and stay in the habit of practicing gratitude. Practice self-love in all kinds of ways, be it rest, sleep, or your favorite hobby. Encourage yourself and boost your self-esteem through positive affirmations.

Even in the most challenging times, these positive statements will retrain your beliefs and negative thought patterns and refocus your perspective on opportunities and possibilities instead of limitations.

Keep your energy alive by doing gratitude.

Gratitude as Healing Aide

*If you sick, say Thank You, if you are whole, say Thank You, only the feeling can do it –
Tolu Adebayo*

The practice of gratitude can help retrain your brain to help reorient it out of despair. Science suggests that gratitude might help us cope with stress and trauma better.

Gratitude helps us realize that our challenges are not the only things in our lives at any given moment and that, even in the most extreme situations, there are still things for which to be grateful.

By writing a daily gratitude list or journaling, we can retrain the neural pathway in our brains to see the positives in life rather than the negatives.

One of the wonderful elements of recovery is the emphasis on understanding the importance of celebrating small victories.

The practice of gratitude goes beyond what we are thankful for. It extends to the profound experience of observing other people being grateful, especially during a struggle.

Calling someone, sending a note, volunteering, and sharing inspirational posts are opportunities to infuse your gratitude into the world around you.

The great open secret of gratitude is that it is not dependent on external circumstances. It's like a setting or channel that we can switch to at any moment, no matter what's going on around us.

Thankfulness loosens the grip of the industrial growth society by contradicting its predominant message: that we are insufficient and inadequate. The forces of late capitalism continually tell us that we need more—more stuff, more money, more approval, more comfort, and more entertainment.

The dissatisfaction it breeds is profound. It infects people with a compulsion to acquire that delivers them into the cruel, humiliating bondage of debt. So, gratitude is liberating.

Paying attention to what we feel grateful for helps get us in a positive mindset, even after hardships. It connects us to the world around us and to ourselves. Research demonstrates that focusing on what we are grateful for is a universally rewarding way to feel happier and more fulfilled.

You and I can refer to gratitude as vitamin G which makes a daily dosage. Do yourself a good long life by being grateful.

Gratitude as Daily Commitment

*It is not what you do once in a while that makes you great, it is what you do daily –
Tolu Adebayo*

Over the past years, we talked a lot about establishing a gratitude practice in many different forms. Keeping a gratitude journal, practicing gratitude as a couple, manifesting positive affirmations, writing a thank you letter, using a digital gratitude journal, and so on.

Knowing about gratitude practice is one thing, but establishing a new habit and staying consistent with it is another. Gratitude journaling is just like any other mindfulness and spiritual practice such as meditation, journaling, or breathing exercises.

They all sound so simple, there are many proofs that they work, but, in the end, we tend to struggle with committing to them. Set out five minutes of your day, and your focus is gratitude. Use technology to your advantage.

Getting into details and exploring the why behind your gratitude can be more beneficial, rewarding, and effective than creating a dozen general entries from the top of your mind. Getting specific and going deep with your entries helps you create a stronger bond with the things you express gratitude for.

Have a specific time when you express gratitude. I express gratitude to God in the morning and to the people around me. I've trained my brain to say thank you for yesterday or the other day. I also understand the place of text and calls. It's powerful.

If you're looking for ways to enrich your daily gratitude practice, make sure to focus on different areas of your life. The purpose of these 21 days is to activate gratitude as an attitude in you.

Is there a person in your life who deserves your gratitude but has never received it? Everyone has someone in their life to thank for something, for small and big things that enhanced your life and boosted your happiness.

My word for you today again is to make efforts to do gratitude. Be deliberate about being committed to gratitude. Add it to your daily deliverables.

As your gratitude practice progresses and becomes an essential part of your life, you'll probably want to repeat some things you expressed appreciation for before. Your partner, friend, or child will make you happy more than once, and you'll want to write about that. It's fine. Next time you catch yourself repeating your gratitude, try approaching those moments from a different angle.

More Self-Acceptance

If you are not grateful to yourself, you might be grateful to nobody - Tolu Adebayo

If you don't know how to appreciate the good things that you did for yourself with the help of God, you might not see God in others too.

There is nothing anyone can do to move you like you. Gratitude can help you to feel more confident and less inclined to dwell on areas where you feel you fall short.

Similarly, practicing gratitude can help you let go of the past, making it easier to move forward in your life, regardless of your challenges.

Appreciation for our good qualities, then, is an expression of gratitude for all who have shaped us as individuals. Self-appreciation humbly honors those who have helped us become the person we are today. Self-appreciation also entails mindfulness.

Self-appreciation comes with compassion and self-reflection. We're often far more likely to notice someone else good qualities, appreciate their growth, adore their quirks, console them, understand their reasons, and remind them of their goodness than we are for ourselves.

If you like writing, which is very effective, you can write a message to yourself. You can make a post online. Very simple and heartfelt. A heart that can't appreciate itself can't be appreciative.

Dear self, thank you for trying something new. It is hard to get out of your comfort zone, but here you are trying this new exercise to practice seeing the good inside of yourself. Hello Tolu Adebayo, thank you for making it through the hard days and choosing to move forward. You got this.

Encouraging right! Do good to yourself, do gratitude. Don't wait for anybody. Do gratitude now.

Living Gratefully

If gratitude is an attitude, living gratefully is whole health, don't skip it. – Tolu Adebayo

Living gratefully takes conscious, constant work and attention to the details that make life great.

Cultivate a love of service in your heart. Teach your children and family to do the same. Learn to love giving even more than getting. Then, give, and give, and give.

Grateful living means taking care of what we have been given, starting with our body and mind. Practice self-love, and self-care, and treat yourself kindly.

Be grateful for your health and wellness by taking good care of your body through good nutrition, exercise, sleep, and even time to relax, play, and do what you love.

Living gratefully is about so much more than just ourselves. It is about actively cultivating healthy relationships.

It's about appreciating the people in our lives while they are here, building memories, and doing the work required to strengthen and maintain those relationships.

This involves telling your loved ones you love them, seeing the good they are doing and letting them know you see it, speaking their love language, and making sure they know how grateful you are for the love they give and for all they do for you.

Our world is created by the thoughts and emotions we choose to plant and grow in our minds and hearts. Choose grateful ones. We owe everything to God. I made a goal that whenever I think something positive about someone else, I will try to tell them. When I fail to do so, I feel the difference.

Sharing gratitude for the strength and beauty of others increases the grateful feeling inside me and brings lighter and joy to the world.

Each day, set aside some time, even a few minutes to actively seek out the blessings and miracles in your life and the world around you.

Focus on these things, take deep, slow breaths, and let gratitude swell within your heart.

You'll be surprised how much this brightens your day and how easily gratitude will spill out onto everyone else around you.

The Power of Thank You

The same energy it takes to use F words, is the same energy it takes to say thank you to everyone – Tolu Adebayo

“Thank you.” These are two words that have the power to transform our health, happiness, performance, and success. Research tells us grateful people are happier and more likely to maintain good friendships.

Gratitude and appreciation are also essential for a healthy work environment. In fact, the number one reason why people leave their jobs is that they don't feel appreciated.

Thankfully, gratitude is like a muscle. The more we do with it the stronger it gets. In this spirit here are ways to put the power of “thank you” to work today

- Walk and Say Thank You

How does it work? You simply take a ten-to-thirty-minute walk outside, in a mall, around your office, on a treadmill, or anywhere else you can think of and think about all the things, big and small that you are grateful for.

When you combine gratitude with physical exercise you give yourself a double boost of positive energy. You flood your brain and body with positive emotions and natural antidepressants that uplift you rather than the stress hormones that drain your energy and slowly kill you.

- Eat and Say Thank You

When having a meal with your friends and family or coworkers, go around the table and have each person say what they are thankful for.

Encourage people to expand on why they are thankful. Not only will this help frame the meal towards a positive perspective, it's also an opportunity for you to get to know each other better by understanding what each other values.

- Visit to Say Thanks

Martin Seligman, the father of positive psychology, suggests 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.

Yes, it might feel odd but it works. Try it. Today schedule and make a gratitude visit to an old boss or mentor, a friend who helped you through a tough time, a family member or someone who made a difference in your life.

- Add Thank You to Your Deliverables

Research shows that emotions are contagious. Sincere smiles, kind words, encouragement, praise and positive energy infect people in a positive way. On the flip side, your people are just as likely to catch your bad mood as the flu.

So, each day you come to work you have a choice: You can be a germ or a big dose of Vitamin C. When you choose to be contagious your positive energy has a positive impact on your colleagues and ultimately your culture. Your team will remember very little of what you said, but they will remember 100 percent of how you made them feel.

- Super Achiever is Daily

Today, before you go to bed, celebrate your success of the day. Identify one great thing about your day. the one great conversation, accomplishment, or win that you are most proud of.

Or identify the one person you helped most today or the one thing that made you smile. Focus on your success, and look forward to creating more success tomorrow.

If you have kids, make sure you do this with them to help foster the kind of gratitude that will fuel a lifetime of significance and success.

Making Room for More Gratitude

If you want more, be more. Clear your mind for the arrival of new. It is always bigger and better – Tolu Adebayo

If we're honest with ourselves, gratitude doesn't always come naturally to us, particularly when we experience tough times. We have to make room for it.

We need to have gratitude time, gratitude day. There is need for gratitude. If you want more blessings in your life, appreciate what you already have and unlock those windows of heaven over your head! An attitude of gratitude will open your eyes and change your perspective.

You'll realize that if you have enough to share with others that you're actually living in abundance. No, you may not have everything that you want, but you'll have most of what you need.

In my opinion, the healthiest human emotion is "gratitude", because if we learn how to be thankful in the valley, imagine the magnitude of our celebration on the mountain top." Gratitude is the best attitude that takes us to the next altitude!

When we have self-belief we appreciate, value, and accept ourselves; we have self-confidence. But, when we believe that nothing we do is ever good enough, it takes its toll on our mental and emotional well-being. It can lead to emotional stress.

Stop comparing your successes and achievements to others. Stop despairing right now. Remember: you are unique and you have special qualities.

Get focused on what you are doing right and what you do have, instead of what you are doing wrong and what you don't have. Ask a close, trusted friend to help you identify what makes you unique. Just remember, what you do well can be small or large.

Stop putting everyone else above you, so that you don't end in an endless quest for the approval of others. Ignore all destructive criticism and make your opinion of yourself the most important one. Do not internalize anything that negative people say about you. Their opinion is just that - an opinion, not a fact.

Do not let other people weaken your spirit or ridicule your ambitions. Work on your ambitions and then let your results speak for themselves. See you in the next chapter. Let's talk togetherness as a return on gratitude.

Inspiring Gratitude

If you can make someone to start a good habit today, please go ahead, it makes you a leader outrightly – Tolu Adebayo

The Super Achiever Foundation will continue to inspire gratitude as an institution with the goal of creating personal and cooperate development.

Take advantage of any of our gratitude moments.

Here are series of things we do to inspire gratitude. We expect you to inspire gratitude in your little community. We can partner with you on these, they are;

- 21 Days of Gratitude with Tolu Adebayo.: This event occurs at the middle and end of the year. It is an activity that inspires gratitude for many.
- Lifetime Achievement Awardee: You can nominate a person that is worthy of excellent and honour.
- Gratitude Night Out (Super Achiever Night Out): Super Achiever Night Out is moment to celebrate team and our success as individual and as a group. We also celebrate people of notable character as a capacity development organization.
- Gratitude Video/Post

You can reach out the team for more information on how you can participate in any of these inspiring activities.

Our promise is to inspire you to do more, be more and create more. We help you to discover yourself, develop yourself and deploy your gifts. You are expected to be a member of the Super Achiever Foundation as well as subscribe to our mentoring program tagged 10X. Go out today and inspire greatness! Do gratitude now!

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