

Great Game of Huddle Notes December 03, 2019

Tyler Goodwyn, Environmental Stormwater Engineer welcomed the huddle group today and introduced Calvin Petrus, Environmental Asst. Stormwater Engineer. Calvin went over the Character First topic on Gratefulness.

What is gratefulness?

Demonstrating appreciation to others for what I have and how they have helped me.

1. Recognize Benefits

Learn to see the benefits in life and develop a grateful perspective – even in difficulty.

- Recognizing and being grateful for all the benefits we have pays many dividends.
- To best recognize our benefits, we need to slow down and contemplate all our benefits
- The process of learning a grateful perspective, requires humility and takes practice.

2. Express Your Thanks

Gratefulness means taking the time to express appreciation – even for small things.

- Practicing gratitude, can become a habit to take the time to express this to others.
- Expressing thanks can be done large or small ways.
 - Thanking others for small gestures such as opening a door, being grateful for others contributions, etc.
- Also important to remember is being content, contentment breeds gratefulness,
 - Contentment means not having to compare our situations to others, and being grateful for what we do have

3. Benefit Others

Express your gratefulness by looking for ways to invest in others.

- Practice gratefulness in tangible and practical ways by “Paying it forward”
- Every area of life, from business to home is benefited by a grateful environment
- Kindness and expressed appreciation for coworkers and customers creates longer, more meaningful relationships

Reflect: What are you grateful for?

- Good health
- My job
- Family and loved ones

Commission

- Middle of budget; everything is going well
- Press Conference at 1:30 about the upcoming jail construction.