



GLAD TO BE HERE

John Foley

3 keys for unlocking the power of a GRATEFUL MINDSET

“Glad to be here.”

These four words had a huge significance when I was flying with The Blue Angels. As pilots, it was a saying we used in our debriefs to express a genuine gratefulness for the opportunity to fly with one of the world’s greatest teams. But today, those four words have an even deeper meaning for me and for the incredible companies with which I work. I’ve discovered that gratitude, when actively practiced, can have a profound effect on individuals and the teams they serve. Cultivating that mindset can promote personal fulfillment and productivity.

I recently had the privilege of having dinner with Thupten Jinpa, the Dalai Lama’s translator. I knew from my own experience that gratitude could be a force of powerful good, so I asked him, “What is it about gratitude that is so good for us?” He said in scientific studies, when they measured the brain activity of grateful people, it showed how gratitude was directly linked to an individual’s ability to see possibilities. A grateful mind is in a state of openness that allows us to react positively in any situation.

As we grow more aware of our gratefulness, it becomes a trigger that activates higher performance. If you need to be creative and innovative, this mindset can be the key to unlocking new ideas. When we’re feeling complacent or stuck, a grateful mindset can open our minds to the wonder around us.

In my keynote speeches and training events, I teach the “Glad to be Here” mindset. It’s something that resonates across barriers. And it’s something that I take a deep joy in sharing with others.

My team and I have developed a few tools that can help you sharpen your sense of gratitude, and cultivate a new awareness of the wonder and joy in all things around you. This will lead you on a path to higher productivity and clearer results. We all have the power to accomplish this shift, and as we change our thinking, new neuro pathways are carved in the brain that help us to form better, stronger and positive habits.

One

“Glad To Be Here” Wakeup

This tool is simple. The “Glad To Be Here” Wakeup is about starting every day in a positive state of mind. As a habit, it shifts your focus toward the good seeds that have been planted in the mind.

I start by focusing on the present moment: While still in bed, I focus on what I’m immediately grateful for. I bask in the idea of being alive, in good health, and I focus on all the goodness that surrounds me at home and at work. Then I go back 24 hours, and take time to think of the people and the situations that brought me joy or allowed me to perform at a higher level in the previous day. And finally, I take that grateful attention and focus it into the future. This is a critical facet, as this action begins to create the day ahead of you. I visualize the human interactions and the tasks that will bring me grateful awareness in the day to come.

Beginning this exercise is simple, but as you develop it over time, it can absolutely change your life. There is no wrong way to do it, and simply going through the motions can flip your perspective very quickly.

Two

Let it Resonate Outward

In a survey conducted by UC Berkeley, researchers found that both employers and employees could be positively affected by gratitude. The study showed that 70 percent of workers would feel better about themselves if their bosses were more grateful and 81 percent would work harder. The implications extend beyond your work life as well. Sixty-four percent of those who are generally satisfied and happy with life express gratitude on a regular basis while only 29 percent of those who are dissatisfied do the same.

We've all experienced this to some extent. If you work with someone who is overly negative, how likely are you to trust them with an important task, even something small? However, to the employee who is engaged and working with gratitude, a clarity and focus comes into their work. When I was a Blue Angel, and we affirmed our gratitude, it reminded me and everyone on the team to focus on the mission at hand. It breeds trust because it shows people why you are at the table. When people trust you, it lends an incredible speed to your work.

Three

Engage Your Purpose; Find your CenterPoint

If we align our actions with our larger purpose and greater goals, the very nature of our work can actually be a constant source of gratitude. Tie the purpose to your dreams, or to some purpose larger than yourself, and you will find a whole new mindset is possible.

Allow the "Glad To Be Here" mindset to affect all aspects of your life. When we are living a grateful lifestyle, there is no need to separate work and life. You don't stop being a wife or a husband when you leave the house, or quit being a professional when you leave the office. Linking our purpose to our work is something that can positively affect all areas of our attention.

Get out there and give it a try today. Glad to be here!

John Foley is a former lead solo pilot of The U.S. Navy's Blue Angels. He is the Founder and CEO of John Foley Inc., which provides keynote speaking, coaching and hands-on training services for Fortune 500 companies, professional sports teams, healthcare service providers and beyond.