

Subject: Week 119 Learnings - Gratitude  
Date: 12.04.2020 16:40:10 (+0000)

Dear All

I think we are at the halfway stage of the lockdown in most countries now and everyone is aiming for some kind of partial start or full start by May 1, assuming things don't go off gear.

As I reflect on the last 18 days of lock down, I think of one emotion which I believe overrides everything else, and that is Gratitude. This lock down has reinforced my view of Gratitude in so many ways. Why is Gratitude a good emotion?

I think gratitude takes away toxic emotions from our brain. When we have gratitude, we tend to use positive words, use the word WE and are far more social. Gratitude is one of the simplest emotions that inspires people. So much of life is about giving and receiving, repaying and gratitude plays a powerful role in keeping social interaction alive.

George Simmel the author said " Gratitude is the moral memory of our world". If we remove gratitude, society will crumble at a foundational level.

We have many days to show gratitude – friendship day, mother's day, father's day, Boss's day, secretaries day etc., but most of these have become rituals in our life and this lockdown has challenged us to rethink these rituals.

Men are not that good at expressing gratitude, women are far better at it. For many men, it is an entitlement mindset that stops them from practicing gratitude.

Gratitude implies humility. Gratitude keeps us mentally healthy.

I have thought about a number of things that we should show gratitude for.

1. I am grateful that all of us have the means to deal with this situation staying at home. There are so many people across the world for whom going through a lock down day is an ordeal , and they live on government support. I think we need to be grateful to ABG.
2. We are doing teams calls every day in all the three teams, that's absolutely amazing to participate in and share in each other's success and vulnerabilities.
3. I think colleagues have been outstanding, in BW, the HR team and leaders have conducted 17 online training courses, in Textiles again, the teams have done some amazing courses. This level of engagement has helped keep the flock together.
4. Family and relatives who keep in touch, and are ever offering help
5. A friend who is in regular Wapp touch to check on you and your well- being.

I make gratitude notes every day, where I write on a note, of things people and colleagues have done to help me. Many of you will get the notes after the lockdown is lifted. I just want you to know I am grateful for all that you are doing and will do. Mere words cannot express my gratitude to you all.

Take care

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