



www.iil.com International Institute for Learning, Inc.

Grateful Leadership

En-COURAGE-ment Daily Journal and Action Plan



*It takes **COURAGE** to Plan*

*It takes **COURAGE** to Act*

*It takes **COURAGE** to Reflect*

*It takes **COURAGE** to be Vulnerable*

Thank you so much for attending my keynote presentation “From Cowardly Lion to Lion-Hearted Leader!” In it, we focused on Courage as a key aspect of Acknowledgment. In order to provide you with a more complete context for both personal planning and journaling, I’d like to share my **5 Cs of Acknowledgment**:

1. **Consciousness**: Become Conscious of the acknowledgments and gratitude that you already have in your mind and spirit.
2. **Choice**: It is your Choice whether to deliver the acknowledgment or to merely keep it floating around in your mind. Choose “yes” whenever possible!
3. **Courage**: It is courageous to deliver heartfelt and authentic acknowledgment—it makes us vulnerable. If you feel that you need to summon Courage, you are on the right track!
4. **Communication**: Determine the best way to reach your recipient. It is simple to Communicate your gratitude and appreciation once you choose to do so.
5. **Commitment**: Once you witness the benefits of gratitude (for example, watch your people come alive, take more initiative, and work with more passion and engagement), Committing yourself to being a grateful leader becomes easy and logical.

I hope that you will use this En-COURAGE-ment Journal and En-COURAGE-ment Action Plan to help you gain the courage you feel you may have been lacking, or bring you to the next level of Lion-hearted Leadership.

Please keep in touch and remember to visit www.GratefulLeadership.com to hear heart-warming stories of people just like you who have not let their fear stop them.

Be heartfelt. Be authentic. Be vulnerable. Be your SELF!

Warmest regards,
Judith W. Umlas

