

The Power of Gratitude

grat · i · tude:

the quality of being thankful; readiness to show appreciation for and to return kindness.



The Evolution of Gratitude

- Research shows that primates — and many other species — often help each other with the expectation that the gesture will be reciprocated.
- Our earliest ancestors practiced gratitude, realizing that cooperation was essential for survival.
- Gratitude also plays a significant part in many religious traditions, reinforcing thankfulness and dependence on higher powers.



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Simple as 1-2-3

Taking the time to share your gratitude with others takes a moment, but the impact may be long lasting. **Here are some ways to get started:**

- **Write** and send a complimentary personal note to someone.
- **Share** your appreciation about someone with others.
- **Thank** people regularly.
- **Pay** it forward after receiving a kind gesture.
- **Leave** positive reviews.
- **Tip** extra for great service.
- **Take** time to fully listen to someone without interrupting.
- **Send** someone a meaningful photo of a shared experience.
- **Surprise** someone by taking care of a chore they normally do.
- **Fix** a lingering problem.
- **Connect** like-minded people together.
- **Attend** an event with a family member or friend.
- **Commit** to taking a deep breath and silently offer someone grace before a problem accelerates.

The Power of

Gratitude

I am grateful for your ongoing friendship and support. If there is anything I can help you with, just let me know. I can also refer you to a trusted professional in my network. And oh, by the way...I'm never too busy for any of your referrals!

SOURCES: 1. psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientific-proven-benefits-of-gratitude 2. ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf

FAMILY TURKEY STUFFING RECIPE

INGREDIENTS

- 1 box of cornbread
- 1 sleeve saltine crackers
- 3 eggs hard boiled and cut up
- 2-3 raw eggs
- Chicken livers
- Turkey neck
- Gizzards
- 1 onion minced
- Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees
2. Bake one box cornbread, and crumble in bowl with one sleeve of crackers
3. Boil chicken livers, turkey neck and gizzards, cut into small pieces (save the juices and use for broth)
4. Mince one onion
5. Add all the above ingredients with 2-3 raw eggs, broth and mix together with salt and pepper.
6. Stuff the turkey with the dressing or bake in a dish for 45 min.