

## Coach's Corner

by Sharon Pahlka, kidney patient and life coach



### The gift of "thank-you"

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There are few things in this world that are more precious than giving thanks and being thanked. Remembering to express your thanks is an important skill to learn. You will never be sorry for making "thank you" a habit.

Saying "thanks" in writing is a lovely addition to your life as well as to the people who you give thanks to. Write your thank-you notes as soon as possible after you get the gift or receive the favor. When you write, say something about how much effort the giver must have put into getting the right gift for you. Write something about how you are using the gift or enjoying it. E-mails are fine, but I think a handwritten note is even better.

How about branching out with thank-you notes? What about thanking people who support you all year long or go out of their way to help you? Now would be a good time to send a thank-you of appreciation to the health-care professional who went out of their way to help you understand something of importance, the bus driver who is always on time, or the waitress who always greets you with a smile. Think about how they might feel to receive this recognition from you.

**Coaching Question:** Have you written a thank-you note lately?

**Coaching Tip:** Thank someone who:

- Give you a gift
- Provides excellent service
- Does you a favor
- Helps you with a tough situation
- Recommends you for something
- Interviews you for a job

**Homework:** Make a list of all the people you thanked today (even if it was only silently). Send at least one of them a thank-you note.

**Quote:** "Feeling gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward

**Resource:** *The Thank-You Book* by Robyn Freedman Spizman

Sharon Pahlka is a life coach specializing in helping those with chronic health challenges live well and meaningfully. She spent 19 years on dialysis, and for the last 12 years has had a kidney transplant. To learn more and read other Coach's Corner articles, visit her Web site: <http://www.lifeisagift.com>.