



TOOLKIT

"WE'RE MAKING GRATITUDE GO VIRAL!"

WWW.NGLCARDS.COM

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nnglcards@8togreat.com

www.nnglcards.com

www.8togreat.com



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WHAT IS THE NATIONAL GRATITUDE LEAGUE?

The National Gratitude League (NGL) is a global movement inspired by the life-changing process of the 8 to Great book and educational programs. Our journey began with our belief in the transformative power of gratitude and appreciation. We are dedicated to our mission to inspire people of all ages to embrace appreciation as a way of life.





HOW TO JOIN THE NATIONAL GRATITUDE LEAGUE

THERE ARE THREE DIFFERENT WAYS!

OPTION 1

Walk up to 8 people you don't often thank and say something like, "Thank you. I appreciate you!"

OPTION 2

Hand out a "Thank You. I appreciate you" card to 8 people.
[Click here](#) to order.

OPTION 3

Write a short thank you note to 8 people and deliver them.

ONCE YOU HAVE COMPLETED THE ABOVE WITH 8 PEOPLE,
THERE ARE THREE WAYS TO CELEBRATE JOINING THE LEAGUE:

1

Print out an NGL Certificate and have a witness sign it (available in this toolkit).

2

Proudly wear an NGL wristband available by [clicking here](#).

3

Share about one of your experiences by [clicking here](#).



A Message from the Founder,
The author of *8 to Great*, MK Mueller

"You've never met an unhappy person who was grateful, nor have you ever met a happy person who was ungrateful."
– Zig Ziglar

Greetings, Gratefuls!

We are so excited you have connected with us and look forward to growing the Gratitude global movement with you!

While saying "Thank you" to 8 people may seem like a drop in the bucket, or a snowflake on a mountain, there is one snowflake that, when it falls, triggers an avalanche.

Our *8 to Great* book, seminars, life coach certifications and school curricula have been helping bring about that avalanche of love and connection for over 35 years. Along the way we have seen that once an individual experiences the joy of giving and receiving spoken appreciations or eight NGL card exchanges, they're often hooked for life.

We invite you to join us. We'd love to hear your connection stories, your ideas for new NGL projects and products, and any new applications for the cards that we haven't thought of yet.

If you're like me, you'll never leave home without a card in your pocket so you can pull it out at a moment's notice, because you never know who's going to cross your path and bless your life next.

Happy Appreciating, Dear NGL Members! Remember that with every thank you, we're winners, and in the Game of Gratitude, so is everyone else.

Ever Gratefully,

MK Mueller

OUR WHY

...because feeling invisible or lonely doesn't feel good, and has a variety of impacts on our mental and physical health. Loneliness has been found to lead to anxiety, high blood pressure, heart attacks, and depression, as well as a leading cause of violence against others and suicide.

...because sharing gratitude and appreciation feels good. It not only raises the spirits of those who receive it, but has been shown to be a mood lifter and attitude shifter for those expressing it. When we feel good, we are kinder, more generous, more productive, more cooperative, more courageous, more open-minded, healthier and happier. What's not to love about all that?

...because our mission at www.8toGreat.com is to share with the world the 8-step process that the happiest and most successful individuals follow. This project helps us spread an understanding of the power of **High-Way 7: Gratitude for the Present.**

AT A GLANCE

53% of teens reported feeling lonely and isolated in 2022.

Suicide is the second leading cause of death for teens.

In 2020, the American Journal of Public Health found that 61% of Americans reported feeling lonely.

In 2023, the US Surgeon General declared a "national loneliness epidemic."

The UK has a "Minister for Loneliness"

Research shows that a simple "Thank You" has been shown to increase employee productivity by 50%

50%

**INCREASED
PRODUCTIVITY**



Why Be Grateful?

The Benefits of Gratitude

More Happiness

More Energy ***Lower Stress***

Healthier Habits ***Greater Retention***

Better Sleep ***More Confidence***

More Teamwork ***Closer Friendships***

More Hope ***Less Judgement***
Better Mental Health

Fewer Accidents ***More Resilience***

More Peace ***More Productivity***

More Focused & Attentive

More Cooperation ***Less Pain***

Fewer Illness ***Positive Attitude***

Less Depression ***More Generosity***

Faster Recovery ***More Compassion***

Less Anxiety ***More Likely to Act Responsibly***

More of a Sense that "Life is Good!"



MEDIA KIT

Please use these approved brand assets when sharing about ***The National Gratitude League*** and ***8 to Great!***

NGL Logo Files



[Download Here](#)

8 to Great Logo



[Download Here](#)

Gratitude Poster with crop marks (18x24)

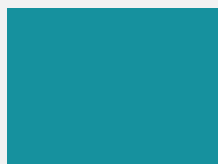


[Download Here](#)

Brand Colors



#402C74



#16919E



#F2D351

Questions? Email us at nglcards@8togreat.com



NGL FOR SCHOOLS





Who can students appreciate?

Here are some people you can express your appreciation to with a simple, “Thank you” or “I Appreciate You!”

Friend / Classmate
Teacher / Para
Parent / Guardian
Grandparent
Brother / Sister
Aunt / Uncle / Cousin
Neighbor
Counselor / Social Worker
School Secretary
Principal / Assistant Principal
Librarian / AV Helper
Custodian
Bus Driver
Cafeteria Team
Traffic Helper
Mentor / Volunteer
After School Instructor



Coaches
4-H or Scout Leader
Mail Carrier
Waiter or Waitress
Trash Collector
City / Tribal Leaders
Police Officer/ Firefighter
Pastor / Shaman / Rabbi / Imam
Choir Director
Doctor / Dentist / Nurse
Veterinarian
Store Clerk
Grocery Team Member
Hair Stylist / Barber
Babysitter / Nanny

Add your own:





NGL COMPLETION FORM

As you appreciate 8 different people, list their titles below. Once finished, sign your name and have your teacher/parent/guardian sign it before printing out your National Gratitude League Membership Certificate.

I told these 8 people that I appreciated them.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Your Signature: _____

Teacher Signature: _____





CONGRATULATIONS

an official member of
The National Gratitude League!

MK Mueller

Program Creator

Teacher



www.nglcards.com

www.8togreat.com

8^{to} Great

Certificate

of honorary membership

THIS IS TO CERTIFY THAT

is an official member of The National Gratitude League.

Date

Teacher Signature





How to Become a Certified NGL School or District

WHAT

The National Gratitude League Certified Schools or Districts use The NGL tools to create a culture of gratitude and appreciation. They demonstrate a commitment to fostering positive, respectful, and appreciative school environments where all students thrive.

HOW

You can become a **National Gratitude League** Certified School District in five simple steps:

1. Sign up your school or district by contacting us at NGL@8togreat.com.
2. Add **The National Gratitude League** Launch Date to your school or district calendar.
3. Post **The National Gratitude League** Challenge on your website.
4. Promote and encourage schoolside or district wide participation in **The National Gratitude League** Challenge.
5. Share 1 or more success stories of how **The National Gratitude League** Challenge impacted your students, staff or school by emailing us or posting it on the www.nglcards.com website.

WHY

We honor all School Districts for their positive and proactive approach to improving school climate and increasing student engagement. The National Gratitude League Certified School Districts receive (at no cost):

1. A **National Gratitude League** Certified School or District seal
2. A **National Gratitude League** Certified School or District certificate
3. Logo placement of **The National Gratitude League** Challenge on their website
4. Recognition in social and mainstream media
5. Tools to promote **The National Gratitude League** Challenge

If you have any additional questions, please feel free to contact us at NGL@8togreat.com.

Thank you!



TESTIMONIALS

“

We're participating in this Gratitude challenge because at Blue Hill High School we believe showing gratitude is a big component of school culture and morale. The National Gratitude League will challenge our 7th and 8th grade classes to understand the importance of people that are helping them daily in their lives

Patrick Moore,
2021 Principal of the Year for Nebraska

“

Last month when the NGL project was announced, I hoped my 3rd and 4th graders would engage, but I had no idea of the profound impact it would have on their self-esteem, cooperation levels and overall moods.

My administrator was so amazed at the immediate impact it was having, that just two weeks in we took the project schoolwide. I am thrilled to announce that in November of 2023, our students gave out over 1,000 NGL cards to those they appreciated. Thank you for helping students shine their light where light is truly needed. I am forever grateful!

Kari Silvernale, KS

Elementary School Sees a Shift



Dear **8 to Great** / **NGL** Team,

I am a Para at an elementary school in Wichita, KS. Last year we had so many class disruptions that many staff members resigned. I heard about the **8 to Great** "SuperWheels" Elementary Curriculum and decided to try it. It has made all the difference and is the reason I returned this year.

Last month, when MK Mueller announced **The National Gratitude League**, I hoped the students would engage but I had no idea the profound impact it would have on their self-esteem, cooperation levels and overall moods. Now they tell me that they "can't wait" for their half-hour with me each week.

When I introduced the idea of sharing thank you cards with people they appreciated, it was as though they were getting to be Santa Claus, with a special gift they could deliver. The students at our school don't always have a lot of opportunities, and the **8 to Great** activities have opened a door that empowers them, helping them feel confident and proud.

Now we're in our third week. We design our larger cards for the first 15 -20 minutes of class and if the students finish, I give them a pass to deliver them. They are so excited as they walk down the hallway to their destinations. I've seen them write cards to their kindergarten teachers, their parents, the food service workers, the nurse, the librarian, their coaches, their pastors, their friends, their siblings, and even to me.

Soon some of them will have earned their "8 Thank You's Certificate" that NGL offers as a free download. I have seen such a change in them that I have spoken to an administrator. She was so amazed at the immediate impact it was having that next week we are going to take this **schoolwide**.

Thank you for helping us help our students become ambassadors of gratitude. You are shining a light where light is truly needed. I am forever grateful.

Kari Silvernale,
3rd - 4th Grade Para

BOOK LIST

HIGH-WAY 7: GRATITUDE FOR THE PRESENT

K-5 Books

When Grandma Gives You a Lemon Tree by Jamie L.B. Deenihan

The Gratitude Jar by Katrina Liu

Gratitude is My Super Power by Alicia Ortego

The Monster Who Wanted it All: A Book About Gratitude by Andi Green

6-12 Books

8 to Great by MK Mueller

Taking Care of Me: The Habits of Happiness by MK Mueller

Gratitude 101: The True Key to Happiness by Patty Stuever

Simple Abundance by Sarah Ban Breathnach

Thanks! How the New Science of Gratitude Can Make You Happier
by Robert Emmons

Gratitude: A Way of Life by Louise L. Hay

Gratitude by Oliver Sacks

A Short Guide to a Happy Life by Anna Quindlen

I Want to Thank You by Gina Hamadey

Thank and Grow Rich by Pam Grout

Thanks a Thousand by A.J. Jacobs





NGL FOR BUSINESS/ORGANIZATIONS





Who can we appreciate?

Here are some people you can express your appreciation to with a simple, “Thank you” or “I Appreciate You!”

Spouse / Children
Co-worker / Friend / Neighbor
Parent / Grandparent
Brother / Sister / In-Law
Aunt / Uncle / Cousin
Counselor / Social Worker
Bookkeeper / Accountant
Librarian / AV Helper
Custodian
House Cleaner
Volunteer
Coach / Mentor
Mail Carrier
Waiter or Waitress
Trash Collector
City / Tribal Leader
Mechanic
Your Therapist / Counselor
Banker / Teller



Airport / Flight Attendant
Police Officer / Firefighter /
Security Guard
Pastor / Shaman / Rabbi / Imam
Choir Director / Usher
Doctor / Nurse / Dentist
Amazon / UPS / FedEx Delivery
Store Clerk
Veterinarian
Pharmacist
Customer Service Agent
Ride Share Driver
Electrician / Plumber
Hair Stylist / Barber
Boss / Manager
Grocery Team Member
Your Web / IT Person
Babysitter / Nanny
School Board Members / PTA
Mower / Gardener
Board Member

Add your own:





NGL Completion Form

As you appreciate 8 different people, list their titles below.
Once finished, sign your name and have a witness sign it before
printing out your National Gratitude League Membership
Certificate.

I told these 8 people that I appreciated them.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Your Signature: _____

Witness Signature: _____

Certificate

of honorary membership

THIS IS TO CERTIFY THAT

is an official member of The National Gratitude League.

Date



Witness Signature

BOOK LIST - ADULTS

HIGH-WAY 7: GRATITUDE FOR THE PRESENT

8 to Great by MK Mueller

Taking Care of Me: The Habits of Happiness by MK Mueller

Gratitude 101: The True Key to Happiness by Patty Stuever

Simple Abundance by Sarah Ban Breathnach

Thanks! How the New Science of Gratitude Can Make You Happier
by Robert Emmons

Gratitude: A Way of Life by Louise L. Hay

Gratitude by Oliver Sacks

A Short Guide to a Happy Life by Anna Quindlen

I Want to Thank You by Gina Hamadey

Thank and Grow Rich by Pam Grout

Unlock Gratitude Now by Mike Pettigrew

The Gratitude Journal for Men

***The 5-Minute Gratitude Journal: Give Thanks, Practice Positivity,
Find Joy*** by Sophia Godkin

The Neuroscience of Gratitude by Andrew Hummington

The Little Book of Gratitude by Dr. Robert A Emmons

***Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative
Spirals, Declutter Your Mind, and Focus on the Present***

by Nick Trenton

Thanks a Thousand by A.J. Jacobs



VIDEO LIST - ADULTS

HIGH-WAY 7: GRATITUDE FOR THE PRESENT

The Happy Secret to Better Work

by Shawn Achor

Click the video to watch —————>



The Most Important Question

by MK Mueller

Click the video to watch —————>



How Gratitude Rewires Your Brain

by Christina Costa

Click the video to watch —————>



The Power of Appreciation

by Mike Robbins

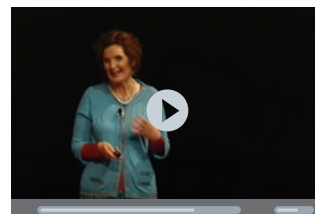
Click the video to watch —————>



How Thanking Awakens Our Thinking

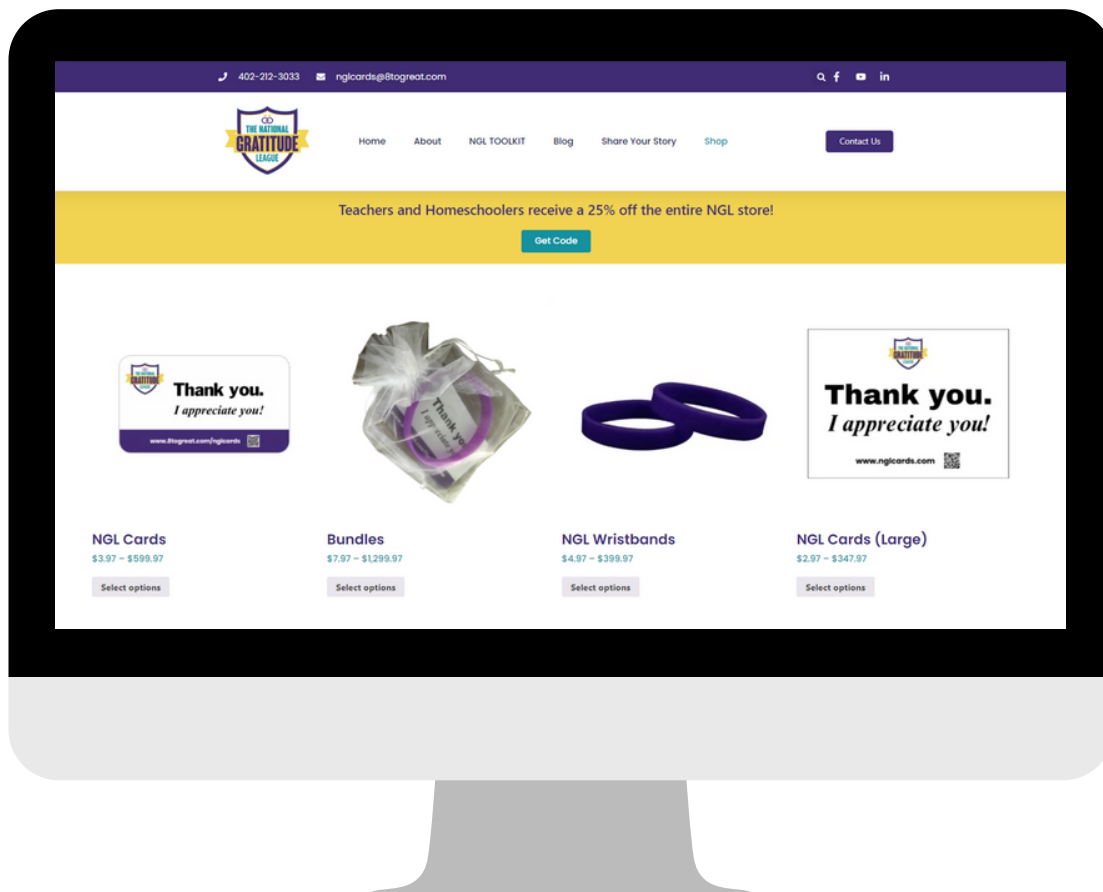
by Kerry Howells

Click the video to watch —————>





SHOP THE NGL STORE ONLINE!



Visit Store

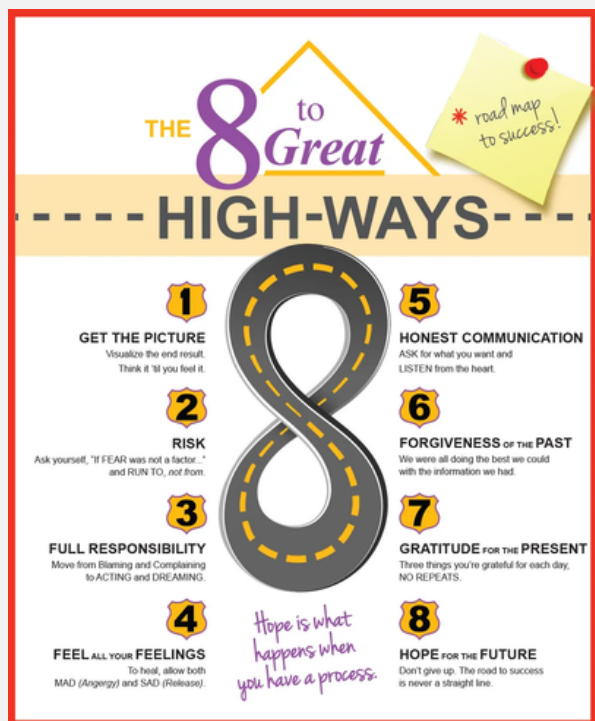


**Teachers & Homeschoolers Receive 25% off
the entire NGL store by using code
TEACHERS8**



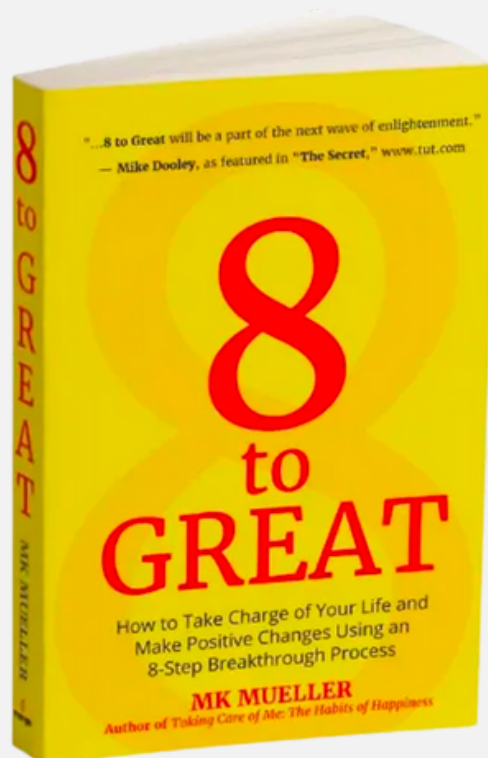
Gratitude is an important piece of a happy, healthy life!

The **8 to Great** 8 High-Ways poster is an excellent addition to your classroom, workplace or home!



[Purchase Here](#)

8 to Great is a groundbreaking and practical book offering a simple, yet powerful, 8-step process for taking charge of your life and achieving your dreams.



[Purchase Here](#)



40 Gratitude and Success Sharing Games

Excerpted from My 8 to Great SuperWheels Curriculum

Preparation Note: Study after study shows that people who regularly feel and express gratitude and appreciation are happier and less stressed. The habit of regularly journaling or sharing gratitude and appreciation results in numerous benefits to mental and physical health:

- Clearer thinking and improved cognitive function (Students do better on tests!)
- Less aggression
- Less depression
- Increased self-esteem
- Increased cooperation
- Improved resilience
- More optimism and hope
- Improved sleep
- Stronger immune system

Because we at 8 to Great believe that the ability to access a feeling of Gratitude is pivotal to social and emotional well-being, we've compiled this list of 40 Gratitude and Success Sharing Games. We encourage you to use at least one each week, and if possible one each day. Your students will thank you!

[Download the Activity](#)



88 Grateful Ways to Open & Close a Meeting

Meeting Openers

1. What are you most grateful for from the past 24 hours? (at work or home)
2. What are you most grateful for from the past week? (at work or home)
3. What are you proudest of from recent months here at work?
4. What strengths do you see in this group? What do you appreciate most about our team?
5. What is most important to you in a work environment?
6. What is one of your happiest memories from work? (this or any job)
7. What is one of your dreams for this group/team?
8. What is one compliment at work you'll never forget?
9. What is one compliment at work you gave recently? (If you can't think of one, feel free to give one right now.)
10. What is a simple low-budget suggestion you'd love to make to our CEO?
11. What do you appreciate most about management at our company?
12. What is one of your greatest gifts to this team?
13. What is one positive quality to describe the person to your left/right. (email info@8togreat.com for a copy of the RAVE sheet if you don't have it.)
14. Do #14 to the person across from you
15. What is one thing about your department that you're proud of these days?
16. What was the greatest risk you have taken in the past week – professional or personal?
17. What is a risk at work you'd like to take but haven't yet?
18. What do you appreciate most about the physical plant/workspace of this job?
19. What is the greatest benefit of being employed here, in your opinion?
20. What is one characteristic in a co-worker you would like to have more of?
21. What is your favorite (clean) joke OR describe the last time you laughed really hard.
22. Tell a story about your name...
23. What do you love to do in your free time?
24. What is your favorite piece of gear/clothing?



88 Grateful Ways to Open & Close a Meeting

Meeting Openers (continued)

25. What is one thing people could or do ask your advice on?
26. What is one positive attribute or skill most people don't know you have?
27. What is one of the greatest joys in your life these days?
28. Share one of your favorite memories. (from any time in your life)
29. What would you like people to remember about you ?
30. Take a deep breath, let it out, and share the first positive thought that comes to mind.
31. Who is the most positive person you know at work or outside of work? Describe them. .
32. What have you done in the past 24 hours that you feel good about?
33. What are you most looking forward to doing this week or this month?
34. What have you learned recently that might be helpful for the rest of the team to hear?
35. What do you like best about our meetings?
36. What is a question you would like an answer to?
37. What is most important for you in getting along with other people?
38. What is one goal you'd like us to accomplish in this meeting?
39. What is one thing you appreciate about technology these days?
40. Who has helped you out recently at work?
41. What is something that would make your job easier and more enjoyable?
42. What is an example of our successful teamwork? Why was it successful?
43. Throw a beach ball (or eraser) in the air and whoever touches it gets to share something they're grateful for.
44. What is the legacy you want to leave behind or that you want our team to leave behind?
45. What is a compliment from a customer/client that has made you proud?
46. What are some recent team successes that you feel good about?
47. What is something that people do that lets you know you're appreciated?



88 Grateful Ways to Open & Close a Meeting

Meeting Openers (continued)

48. What are your two favorite love languages: (How you like to be appreciated)?
 - words
 - acts of service/kindness
 - gifts
 - quality time
 - touch
49. What is one way we could be better supports/cheerleaders for each other?
50. What is your dream job?
51. If you could “be” anyone for a day, who would you like to be?
52. What is your favorite saying or quote and why?
53. What is one thing you’re grateful about your family, friends or pets?
54. What is one thing you’re grateful for about your health?
55. Pre-meeting: Hand out a thank you card to each team member. Invite them to write a thank you note to someone at work or in the community. Put on quiet music while they write. Share any thoughts or feelings afterwards.
56. Pretend you’re Hallmark and you’re going to create a new holiday to celebrate someone here at work. What/Who would you celebrate?
57. List 3 Things you are absolutely certain of, positive of, at this time...
58. Go back and reminisce about one of your favorite days ever at work.
59. Number off to get a partner, and then ask the 3 questions:
 - What is something I don’t know about you?
 - What is something we agree on?
 - What is something you like about me?
60. If we were going to give a BIG DREAMER award at this workplace, who would you nominate and why?
61. If we were going to give a best RISK-taker award at this workplace, who would you nominate and why? (Remember RISK is Run To, Not From)



88 Grateful Ways to Open & Close a Meeting

Meeting Openers (continued)

62. If we were going to give a FULL RESPONSIBILITY award at this workplace, who would you nominate and why?
63. If we were going to give an HONEST COMMUNICATION award at this workplace, who would you nominate and why?
64. If we were going to give a Never BC's (Blames and Complains) award at this workplace, who would you nominate and why?
65. If we were going to give an FGH award at this workplace, (Forgiveness of the past, Gratitude for the present, Hope for the future) who would you nominate and why?
66. Share an act of Kindness you have done, witnessed, read about, or benefited from.
67. Who here really lets you know they respect you? How?
68. Who was one of your favorite ever customers?
69. What's the best customer service you've ever experienced?
70. If you had a day at work where you could work on anything, what would you do? (must be work related...)
71. Who is the easiest to talk to/best listener in this office/your life? Why?
72. What is your favorite thing to do on a power-outage day?
73. What is one silly thing about you that many of us don't know?
74. Whose work area is the most attractive/appealing/fun in your opinion?
75. If you were going to describe work in 3 or fewer positive words, what would you say?
76. What is one of your favorite foods?
77. What is one of your favorite pieces of clothing (wear it tomorrow!)
78. Who is a teenager or young adult that you care about? (Have a "Bring a teen to work day...")
79. What is your favorite inspirational TED or YouTube video? (Then watch it!)
80. What is your favorite Meeting Opener? (and then open the meeting that way!)



88 Grateful Ways to Open & Close a Meeting

Meeting Closers

1. Have we accomplished our goal for this meeting? If not, what can we do to reach that goal in these remaining minutes or how can we do better next time?
2. What strengths and/or opportunities showed themselves today?
3. Who would like to offer an insight, idea or a question we haven't heard yet?
4. How are you feeling after this time together?
5. What will you take away and use from our meeting today?
6. What was different about this meeting? If nothing, what are some ideas that you would like us to consider incorporating into our future meetings?
7. Whose sharing or question was especially helpful for you today?
8. What are you most grateful for from today's meeting?

**For More On Creating A Positive Culture Or
Becoming Trained As An 8 To Great® Life Coach,
Email Us At Info@8togreat.Com**



365 Everyday Gratitudes for Grownups COMING SOON!