



Gratitude Campaign

3 Thank You's, 4 Questions

Objective: Each athlete thanks 3 people each session of the meet.

Guiding Questions:

- **WHO** will you thank today?
- **HOW** will you thank someone today?
- **WHY** will you thank someone?
- How did your “thank you” make a difference?

It is hoped that the practice of thanking 3 people each session of a meet will become a personal legacy that continues long after this meet is over.

Reasons for Gratitude Campaign:

... Practicing gratitude is how we acknowledge that there's enough & we're enough.

(Brene Brown, [Daring Greatly](#), pg 124)

Swim meets have the potential of subconsciously conveying 'I'm not enough.' The gratitude campaign is one way to counteract this negative messaging and practice an important life skill.

IMPORTANT NOTE: The gratitude campaign is NOT

- Saying swimming excellence is not important. We are spending a lot of time, effort and money to ensure an environment conducive to swimming excellence.
- Saying that gratitude should replace determination & drive. They are not mutually exclusive.
- About trying to mask or suppress difficult feelings like sadness, frustration, etc. Sometimes these can motivate us to try harder or seek a different approach which, at times, is needed.

The gratitude campaign IS about practicing and using a valuable life skill.

- Whether experiencing success or not, all can benefit from expressing gratitude.
- Some may learn that even when facing disappointment or setbacks, one can simultaneously feel gratitude for something. This can help to prevent being 'capsized' by disappointment or even devastation. It can help to steady and enable one to continue going forward despite difficulties.
- It helps promote the vision of USA Swimming.

USA Swimming Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Associated Social Media Hashtag:

#TrueSportInAction