

GRATITUDE

... is a key to happiness.™

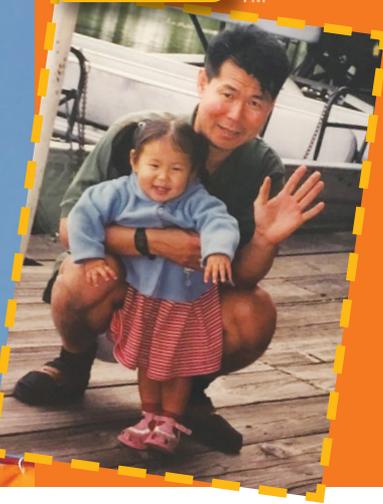


PHOTOS SPEAK M1



Photo courtesy of Chloe Kim (for dad & Chloe pic)

IMAGINE



GRATITUDE IS CONTAGIOUS

... you're four years old, riding a ski lift up a mountain that stands almost 18 football fields tall. Your dad is sitting next to you, and the mountain top is getting closer. It's time to jump off. Your dad lifts you into his arms and the two of you fall onto the snow, laughing and rolling around. But, you never felt scared because your dad is there for you, always.

This is Chloe Kim's story. Her dad, Jong, and she learned to snowboard together, even though Chloe wanted to be at home playing My Little Ponies. But it became her "little girl dream" to become a pro snowboarder. She wanted to win the X Games and the US Open one day. She trained and won on her first snowboard, bought for \$25 on eBay, with her father by her side. Chloe felt grateful to have her dad giving life to her dream.

The road to gold did not come without struggles. Chloe took many bad slams. At her first competition, when Chloe was 6, she only placed third. But her dad was always there encouraging her. The next year, Chloe returned to Nationals. This time she won two gold medals, two silver medals, and one bronze medal. Jong recognized Chloe's potential and quit his job to fully support her.

Becoming a champion took an extreme amount of practice with Jong's support! He would get Chloe out of bed at 2:00 am, carry her to the car, and drive sometimes over 5 hours. Chloe was grateful for her dad's sacrifice, realizing "it made traveling so much easier for me, because I'd just sleep the whole time and he'd do all the dirty work." Chloe was excited to turn 16 so she could help with the driving and show her dad how grateful she was for all of the times he had done it for her.

Chloe accomplished her "little girl dream" of winning the X Games and the US Open by age 16. In 2018, Chloe's dreams grew when she went to her first Olympic Games in PyeongChang, South Korea. She won two gold medals and became the youngest

woman to win gold in the halfpipe. Chloe knows she never would have accomplished her dreams without the love and sacrifice of her father. She acknowledges, "to make my dream come true, it took a lot of hard work and sacrifice, like how much my dad has given up for me, and I know I wouldn't be here without him."

Chloe also knows she has been lucky to have others in the sport support and encourage her. Chloe doesn't just show how grateful she is by thanking her dad and mentors. Chloe knows that part of being grateful is to give others the same kind of help she has received, saying, "I'd love to help the younger generation and give them what I got." How can your gratitude for others' contributions to your life help you be the author of your own TrueSuccess lifestory?

Note: See more lifestories, videos and more: www.TrueSuccessTools.org.

QUESTIONS LEAD TO UNDERSTANDING M2/5

1. What evidence is there that Chloe felt gratitude? How has Chloe's gratitude affected her life and others?

2. How has gratitude helped Chloe pursue her dreams in snowboarding? Why does gratitude make people happier?

3. How can you learn from Chloe's lifestory about gratitude? What can you do in your own life to show others you are grateful?
