



A number of years ago, my wife and I were looking for ways to start instilling gratefulness and gratitude in our children. We ended up settling on the practice of talking about this with them each night at dinner. We go around the table with each of us talking about what they were grateful about that day. Often mentioned are friends, family, co-workers, an experience from the day. Lately, I find myself coming back to a similar theme, our medical community and our team at CSU.

## Gratitude

**I'm grateful for our medical community...** These women and men work tirelessly and have been putting themselves in harm's way to take care of the sick and injured. Now more than ever they are answering the call to help. In a world where many of us moved to working remotely, they continue to be on the front lines. They have my gratitude...



**I'm grateful for our team at CSU...** Our team in Central IT is unlike any other group of people I've had the pleasure of working with. Every day we see wonderful acts of hard work, effort, kindness, agility, teamwork, and many others. These characteristics helped move an entire university remote in a matter of a few weeks. All the while, we continue to make great progress on large projects like the Joint Banner Project, MS Teams, Kuali to the Cloud, and many others. I believe that what we have here at CSU is unique to anywhere else in the country. While none of us chose to go through this pandemic, I'm so very grateful to be going through this with our team here in Central IT. You all have my gratitude...

## Three Coins

Too often, we get so busy in our daily lives that we forget to express our gratitude to others. Recently, I heard about a new practice for sharing gratitude with others from a retired CIO ([Bill Hogue](#)) that's been doing some work with our Central IT Leadership Team.

At the beginning of the day, put 3 quarters in your right pocket, on your desk, or in something that you carry around. For each



display of gratitude throughout the day, move one quarter from one pocket (or side of the desk, etc.) to the other. The goal is to get all 3 quarters to the other side by the end of the day. While this seems simple, it adds up. If you did this consistently, you would have displayed gratitude 21 times in a week, 90 times in an average month, and over 1,000 in a year. Quite the achievement!

If you're interested in reading more about gratitude, Bill wrote a nice article on it that you can find [here](#).

## This Week

As you head into this week, I encourage you to think about what you're grateful for. Think about how you can display your gratitude to your team members, campus stakeholders, family, and friends. Often in life it's the little things that matter, and while it may be a little gesture to you, it can have big effects on others.

Have a great week,  
-Brandon

A handwritten signature in black ink, appearing to be the name 'Brandon', written in a cursive style.