



HOW TO BE GRATEFUL AND ENCOURAGE OTHERS **EVERY DAY**

L3Leadership.org/345

ABOUT DOUG:

Doug Smith is the Director of Development at Light of Life Rescue Mission and Founder and CEO of L3 Leadership. He is the author of his eBook, "Making the Most of Mentoring", a step by step guide to help you build and cultivate relationships with mentors. He blogs at dougsmithlive.com, he is host of the L3 Leadership podcast, and he is a sought after public speaker. He is married to his high school sweetheart, Laura, who currently works as an Account Executive at Ivalua. Together, they love family, personal growth, travel, working out, and serving others.

3 KEY TAKEAWAYS:

In this episode of the L3 Leadership podcast, Doug shares some practical tips involving gratitude and encouragement.

1. Doug shares a story that provides a great perspective on gratitude.
2. He talks about how to increase gratitude through journaling and other methods.
3. He emphasizes the importance of encouraging others and how to effectively encourage others.

**"My life has been transformed by the encouragement of others."
- Doug Smith**

CONNECT WITH DOUG: [Website](#)  [Facebook](#)  [Instagram](#)  [LinkedIn](#)  [Twitter](#)

Thanks for tuning into this week's episode of the L3 Leadership Podcast. If you enjoyed this episode, please head over to Apple Podcasts, Stitcher, or Google Play to subscribe and leave us a rating and review.