

ELENA ANGUITA

Spread Thanks!





ABOUT ELENA

PROFESSIONAL BIO

Elena Anguita is a change agent, author, and speaker who passionately supports education, literacy, and helping people learn. In 2017, she launched the Spread Thanks revolution, a movement to encourage personal gratefulness through the sending of daily thank you notes. Her enthusiasm and professionalism are putting this simple, yet transformational practice on the map as more and more people are creating miracles in their lives through gratitude.

In her corporate career, Elena is an account executive for a leading American educational products company. She works closely with K-12 schools providing solutions to help educators become more productive and to help school children succeed. This career path began more than 18 years ago where Elena excelled within IBM's Educational Systems Division.

Over the years, Elena has been nationally recognized with multiple awards, both for sales achievement and customer satisfaction, including the prestigious IBM Golden Circles which are granted only to the company's highest achievers. Elena lives in Pennsylvania and has a gift for connecting people and ideas in miraculous ways.

SPREAD THANKS



Create Miracles Through the Power of Ink

A firm believer in the transformational power of gratitude, Elena Anguita is taking the world by storm with the launch of her book, *Spread Thanks: Create Miracles through the Power of Ink*. *Spread Thanks* shares the incredible personal experiences of the author who discovered first-hand that a simple daily act of gratitude can transform one's world. Now in her book *Spread Thanks*, Elena explains how she did it, and how you too can use the power of gratitude to make your life so much happier, more peaceful, and more prosperous.



SPREAD THANKS!: Create Miracles Through the Power of Ink

Author: Elena Anguita

www.spreadthanks.com

BalboaPress

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“There is so much more to the world than what we see. We can impact our internal energy and external circumstances with gratitude. I can prove it. I have proven it. And once more people try it and feel its power, I can see the world transforming exponentially.”

AN INTERVIEW WITH ELENA ANGUITA, AUTHOR OF SPREAD THANKS!

Q.

How did you come up with the idea of the Spread Thanks movement?

I love the way this idea came to me --- it was like a really big “whoosh,” and the concept was so powerful it stopped me in my tracks. I saw the phrase “a thank you a day” in my mind when the whoosh hit me and I wasn’t even sure at first what it meant. But it called to me so clearly, that I felt I had to take action and I did. I started writing a thank you note a day and I sent it to that person. I kept doing it and before long, I found that this simple daily practice changed my life so completely. I became so much more joyful, healthier, more at peace, and less stressed than I’d ever been. I’ve since learned to be grateful for every moment of every day – even the bad ones. And it’s still working almost 4 years later! Life just keeps getting better and better. Once I saw how transformational it was, I became impassioned to tell everyone about it. I’ve been giving speeches, doing blogs and promoting my book and the practice and it’s raising the energy and the positivity of everyone who tries it. The goodness just keeps rippling out to the world and it seems like an important time to spread more goodness, given all the craziness and tragedy in the news these days.

Q.

Tell me a little about yourself.

My mother was American who fell in love with a Spaniard and moved to Spain after the wedding. I was born in Madrid, Spain, and I have two sisters also born there, but tragically my father died when we were only small children. This left my mom a young widow, and she moved us to Rome, Italy, where I lived until I was 13. When it became just too much for my mother, we all moved back to the US to be closer to her family. After I completed high school and college, I found a great career in the educational sector. I’ve always been drawn to helping people learn and I have a passion for education which began as a teenager when I would tutor fellow students after school. My first career job was for IBM where I worked for almost 12 years, in the IBM Educational

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Systems division. Now I work as an Account Executive for a leading education services company. I've always felt if your job benefits the life of a child (or adult for that matter), that is a great job. And of course, my passion project on the side is the Spread Thanks movement, which also helps teach others and transform lives.

Q.

How does the Spread Thanks practice work?

The practice is very simple – it evolved over time into three steps. At first, I started by simply writing a thank you note in the morning, picking up my pen and handwriting the note. I instantly started to notice that my mood shifted to a wonderful feeling of gratitude and as a result, I would then embark upon my day with a higher level of positive energy. I would mail the card on my way to work and that also felt so good. Then coincidentally, I began noticing a nice occurrence would always transpire during the day which, in turn would bring about more gratefulness. Such a positive spiral! All I had to do was to pay attention to my day and without fail I would find that positive occurrence, which I began calling my “daily miracle”. It could be just the ideal parking spot appearing out of nowhere, or other times it was a new client connection that appeared out of the blue. Or an old friend would reach out filling me with joy! To me, these wonderful coincidences that brought joy or prosperity became my “daily miracles” and I fully felt these extra good things were happening because of my thank you note practice. Each day I kept my eyes, ears and heart open and sure enough, I could always find another person who made my day a little brighter, and I would know I found my next thank you note recipient. So the three-step practice was formed that anyone can do. 1 - Write and send a thank you note. 2 - Pay attention to your day (be mindful). Watch for someone new to thank and watch for your daily miracle. 3 - Record the daily miracle or happy occurrence from that day. Over time --- these 3 steps have become the spiritual practice I call Spread Thanks.

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Q.

How do you manage to write a thank you note every day?

I realize it might sound a bit daunting having to write a thank you note every day but I find it quite easy, actually. When I first began, of course, the thank you note recipients were those closest to me – friends and family. But when I ran out of them, I began paying attention to the events of my day, rather than being distracted, and sure enough I would always find someone who made my day a little easier, a little brighter: the neighbor who accepted a package on my behalf, the grocery store clerk who helped load the heavy items into my car, the bank teller who cracked a funny joke and made me laugh. That person would then become my next thank you note recipient. It's become such a fun game finding that person every day and, best of all, I find I'm more mindful and more at peace than I've ever been before.

Q.

Why does it have to be handwritten?

I must admit, I've always loved the handwritten word and I've always been an advocate for literacy. I still keep letters and cards that were written to me by my mother and my grandmother who are both gone now, and reading those notes again always brings me back to the love we felt for one another. There is something very personal about the handwritten word – your handwriting is unique to you and the person receiving your note will appreciate the time you've spent writing the note. My friends often tell me when they see my handwriting on a card in their mailbox, their mood is instantly lifted. Would that happen if the note were typed? I don't think so. Since I started this practice, I've since found many published articles which support the idea that handwriting is a very special exercise. For example, handwriting is more creative than typing because it uses all four quadrants of the brain. It was so fun to discover that science supports what I knew intuitively. But what I also love is that in the time it takes to write the thank you note, the person creating the note has time to focus on gratitude which increases that person's energy,

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taking them to a more joyful, appreciative state. My mood is boosted every time I write a thank you note and then I embark upon my day in a grateful and happier mood. How great is that?

Q.

What do you love about this project?

What I love the most about this project is how profoundly simple yet simply profound it is. I have learned the far-reaching, almost magical, properties of gratitude. I've even written thank you notes dealing with events from the past (writing them to people who have died) and I found immense emotional healing. And I've written thank you notes in the future and attracted the very same outcomes I've desired and described in my note! Getting creative with thank you notes has taught me so many ways to tap into the power of gratitude and the simple art of spreading thanks has summoned a new self, a new Elena, happier, healthier, more prosperous, and more at peace than ever before. I can say I am in love with my life, all of it (the good, the bad, and the ugly), because I know that every second and every experience is there to serve me.

Q.

Tell me about the process of becoming an author.

I work full-time but I wanted so much to get my Spread Thanks message out to the world that I wrote my book in my spare time. It took the better part of a year to create the manuscript, but it wasn't hard. In fact, it was such a passion that the book almost wrote itself! Because I had been doing the practice for a few years already, I found I had so many great stories and daily miracles to share, plus I knew all kinds of helpful hints and sample thank you notes to include. The day the books arrived to me from the publisher was magical and marvelous! My dream became a reality! Since then, I have been speaking all over the place, sharing my message and I couldn't be more thrilled.

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Q.

What kind of feedback are you getting about Spread Thanks?

Feedback, yes, that's the best part of all. Almost every single day, I receive a note, either in my mail or email, from someone whose life is being changed by this practice. I get notes from 5-year-olds and retired folks and every age in between. People are really catching on to the transformative power of gratitude. Individuals tell me they love the fact that writing a thank you note brings joy and goodness to two people – both themselves as the writer of the note and of course to the recipient. I've also gotten feedback from people saying that keeping a gratitude journal, while it's a wonderful practice, is one thing, but sending out thanks to someone else has a "pay-it-forward" effect and the benefit becomes exponential. Like the wings of a butterfly, which can cause a typhoon on the other end of the ocean. Feedback like this is just the tip of the iceberg. There is so much more goodness to share once everyone joins in.

Q.

How can people find out more?

If anyone wants to join the Spread Thanks movement, you can do so immediately. Pick up a pen and a card and start writing! Put a stamp on it, mail it, and soon you'll realize how good it feels. I have all kinds of resources and ideas on my website to help you keep up the practice on a daily basis. You can also visit me on Facebook or have me come to present a speech or workshop to your group. And of course, I'd love for you to get my book for yourself or for a loved one. It's entitled: Spread Thanks: Create Miracles through the Power of Ink and it's available on Amazon or on my own website which is www.spreadthanks.com.



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