



Thanksgiving Bonus Class

"The Power of Gratitude"

1. The Power of Gratitude – Сила благодарности

Gratitude and the Law of Attraction. Благодарность и Закон Привлечения.

2. Expressing Gratitude – Как выразить благодарность

Useful expressions for counting your blessings. За что вы благодарны судьбе – полезные выражения.

3. Accepting Gratitude – Как принять благодарность

Low-energy vs. high-energy words. Слова с низкой и высокой энергетикой.

4. Special Thanksgiving Offer – Специальная акция

Специальная акция на День Благодарения до 2 декабря 2013 г.

Your Homeplay:

Count your blessings! Write a list of your blessings, 20 or more, using the expressions you for expressing gratitude.

Recite the chants, practice out loud and enjoy!

Remember, repetition creates mastery. So learn it, use it, teach someone else!

See you in Power English Class!

1. The Power of Gratitude and the Law of Attraction – Сила благодарности

Gratitude and the Law of Attraction. Благодарность и Закон Привлечения (Подробнее в тренинге «Мастер-ключ достижения цели» <http://www.masterkeyclass.com>).

2. Expressing Gratitude

Let's go around the circle and say what we are grateful for this year - давайте пройдем по кругу и скажем, за что мы благодарны в этом году.

I'm thankful for my friends / my friendships / my family/ my health/ for each and every day / being loved / for having ... in my life – Я благодарна за моих друзей / дружбу / мою семью / мое здоровье / за каждый день / за то, что я любима / за то, что в моей жизни есть...

I'm thankful (that) we're together here today... - Я благодарна за то, что сегодня мы здесь вместе

I'd like to offer thanks for ... Хочу выразить благодарность за...

I appreciate being included into this celebration – Спасибо, что вы меня пригласили на этот праздник.

What are you thankful for? – За что благодарны Вы?

I am thankful that we are all here. – Я благодарна за то, что мы все здесь.

I really appreciate everything I have in my life. I know I am truly blessed. – Я благодарна за все, что есть в моей жизни. Я знаю, мне поистине повезло.

Count your blessings - (сравните: не гневи судьбу); blessings - благодать, счастливые дары – считай, что тебе во многом повезло.

Expressions of Gratitude

Thank you - Спасибо.

Thank you very much – Большое спасибо.

Thanks a lot – Большое спасибо.

Thanks a million – Большое спасибо.

Thank you very much. I appreciate it – Большое спасибо. Я очень признательна.

I appreciate your help – Благодарю Вас за помощь.

I really appreciate your help – Я очень признательна за Вашу помощь.

Thank you for going an extra mile for me – Спасибо за то, что Вы сделали для меня сверх ожидаемого.

Thank you for going beyond and above the call of duty – Спасибо за то, что Вы сделали для меня больше, чем того требовали Ваши служебные обязанности.

1. Use only positive words – Используйте только позитивные слова
(Например: «Спасибо, что не подвели» - не является благодарностью. Акцент на слове «подвели». Благодарность: «Спасибо, что выручили!» Акцент на «выручили».)
2. Be as specific in your gratitude as possible – Выражая благодарность, будьте максимально конкретны. Адресуйте благодарность и похвалу человеку, а не предмету.
E.g. Instead of "Good job on the project", say, "Thank you. You've done a good job on the project." – Вместо «Хорошая работа над проектом» скажите: «Спасибо. Вы проделали хорошую работу над проектом».

3. Accepting Gratitude – Как принять благодарность

Low-energy vs. high-energy words. Слова с низкой и высокой энергетикой.

LOW-ENERGY WORDS - слова с низкой энергетикой

Don't mention it – Не стоит благодарности

No problem – Не проблема (пожалуйста)

It was nothing – Пустяки, не за что

It was no trouble at all - Пустяки, не за что

It's not a big deal - Пустяки, не за что

I was doing my job - Я выполнял свою работу

I would have done it for anyone/anybody – Я бы для любого это сделала.

No big deal, that's part of my job – Пустяки, это моя работа.

HIGH-ENERGY WORDS – слова с высокой энергетикой

You're very welcome. I'm happy to do that. – Пожалуйста, Я рада это сделать.

I'm glad I could do it. – Я рада, что смогла это сделать, - это как начало.

I'm glad I could help. – Я рада, что смогла помочь.

I am glad I was able to help. - Я рада, что была в состоянии помочь.

It was my pleasure. – Я рада была помочь (Я сделала это с удовольствием).

I'm glad I could be of help. – Я рада, что смогла быть полезной.

I'm delighted that things worked out. – Я очень рада, в восторге, что все сложилось как надо.

(Подробнее в тренинге «Мастерская навыков коммуникации»

<http://www.englishskills.com/telecoaching>).

Giving and Receiving Thanks

1. Thank You Very Much

Thank you very much.

You're welcome.

Thank you very much.

I appreciate it.

Thank you very much.

You're welcome.

Thank you very much.

I appreciate it.

Thank you.

Thank you very much.

Thank you.

Thank you very much.

Thank you.

Thank you very much.

I appreciate it.

You're welcome.

2. Thanks a Lot

Thanks a lot.

Thanks a lot.

Thanks a lot for everything.

Don't mention it.

I was happy to do it.

Thanks a million.

Thanks a lot.

Thanks a lot for everything.

You're welcome.

I was happy to do it.

Thanks a million.

Thanks a lot.

Thanks a million.

Thanks a lot.

Thanks a million.

Thanks a lot.

You're welcome.

I was happy to do it.

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3. Thank You So Much. It's Just What I Wanted

(Thanking someone for a gift)

Thank you so much.
It's just what I wanted.
 I'm glad you like it.
 I'm so glad you like it.
It's just what I wanted.
 I'm glad you like it.
It's just the right size.
 I'm glad you like it.
It's just the right color.
 I'm glad you like it.
It's just what I wanted.
 I'm glad you like it.
It's perfect.
 I'm so glad.
I love it.
 I'm glad.

4. That Was Awfully Nice Of You

(Thanking someone for doing a favor)

That was *awfully* nice of you.
 I'm glad I was able to help.
That was *very* nice of you.
 I'm glad I was able to help.
That was *so* nice.
 I'm glad I could do it.
That was *very* nice.
 I'm glad I could do it.
That was *awfully* nice.
 I'm glad I could do it.
 I'm glad I was able to help.

I'm glad I could do it.
I'm *so* glad.
I'm glad I could do it.
I'm *so* glad.
I'm glad I could do it.
I'm *so* glad.
I'm glad I was able to help.

5. Thanks Again

Thanks again.

Any time.

Thanks again.

It was my pleasure.

Thanks again.

Don't mention it.

Thanks again.

You're welcome.

Thanks again.

I enjoyed doing it.

Thanks again.

Thank *you*.

Thanks again.

You shouldn't have done it.

I wanted to.

The pleasure was mine.

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5. That Was Awfully Nice Of You

(Thanking someone for doing a favor)

That was *awfully* nice of you.

I'm glad I was able to help.

That was *very* nice of you.

I'm glad I was able to help.

That was *so* nice.

I'm glad I could do it.

That was *very* nice.

I'm glad I could do it.

That was *awfully* nice.

I'm glad I could do it.

I'm glad I was able to help.

I'm glad I could do it.

I'm *so* glad.

I'm glad I could do it.

I'm *so* glad.

I'm glad I could do it.

I'm *so* glad.

I'm glad I was able to help.

4. Special Thanksgiving Offer – Специальная акция на День Благодарения

Только до 2 декабря 2013 г.

**Регистрация в Power English Class
по специальной акции на День Благодарения**

<http://www.powerenglishclass.com/12steps/special-offer/>