



一般社団法人

日本スポーツウエルネス吹矢協会

Japan Sport Wellness Fukiya Association

### The Power of Gratitude – Let us say at least 10 “Thanks” everyday –

The feelings of gratitude may create immeasurable power, which shall be a motive force for human beings to act. When we properly express gratitude to other persons, it may give good motivation to them and they cooperate with us much more. I believe everyone has such experiences. On the other hand, if we receive gratitude unexpectedly from others, we feel very happy to hear such gratitude and keep in our mind that we shall work hard for them. While it may be true, I am not going to say “Let’s thank to others” simply. To begin with, the feelings of gratitude do not well up consciously but it shall well up spontaneously. If we act pleasantly, we may be able to exert more power than we act reluctantly and people around us may also become happy. Then, such place around us may change into more energetic place. We must realize such hidden power of “Gratitude” sufficiently and it is important for us to convey welled up gratitude to others precisely. I hope that our organization shall be such one where we can express the feelings of gratitude each other. Under the current difficult circumstances caused by COVID-19, I feel so more strongly.

For example, when you have the practice activity at your branch, you may be able to express your gratitude to a lot of things, such as, to the colleague who prepare the practice venue, your instructors who coach you, pleasant companions, family who support your FUKIYA practice, your health, circumstances etc. Let us express our gratitude precisely each time it wells up. To say “Thanks” at least 10 times a day must not be so difficult for everyone. We may say “Thanks” to FUKIYA equipment, which we are using. When we express the feelings of gratitude humbly and bravely, a lot of smiles must be appeared. Much more smiles will gather to the pleasant places where a lot of smiles appear. Shall we make a chain of smiles in our FUKIYA activities? I believe we can do much more pleasant FUKIYA activities with this action.

As Sport Wellness Fukiya is a sport which pursue everyone’s “Wellness”, pleasant activity must be one of the most important elements. OK then, everyone. Let us believe the power of gratitude and say at least 10 “Thanks” a day. If you have already done it, please add 10 more “Thanks”.

Let us enjoy FUKIYA activities with “The Power of Gratitude – Let us say at least 10 Thanks everyday” as the keyword for the coming 2022 fiscal year.

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