



# *PODCAST*

# *TRANSCRIPT*

Episode 70:

Title: Gratitude

Duration: 18:05

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to

00:00	<p>You are listening to <i>The Déclic Anglais Podcast</i>, THE podcast for French-speaking learners of English. This podcast is a steppingstone (<i>un tremplin</i>), that will help you improve your English listening comprehension skills. If you want to understand advanced English-language materials like TV series, movies, and real-life conversations, this is THE podcast for you.</p> <p>There is a transcript (<i>une transcription</i>) available for this and every episode of this podcast. You can download (<i>télécharger</i>) the transcript from the link in the description for each episode. Or just go to <a href="http://www.declicanglais.com/podcast">www.declicanglais.com/podcast</a>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:10	<p>Happy new year, dear listeners! Welcome to episode 70 of <i>The Déclic Anglais Podcast</i>. If you are new to this podcast, listening for the first time, I'm Tom, your teacher from Déclic Anglais. I'm the co-creator of this podcast, which I run with my beautiful wife, Charlotte.</p> <p>This is the first episode of 2023, indeed, a very happy new year to you all. I wish you all a new year of good health, happiness, and success in all of your projects.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:59	<p>At the start of a new year, it's common to make New Year's resolutions (<i>des bonnes résolutions pour la nouvelle année</i>). In fact, I made an episode on this two years ago, in January 2021, episode number 4 of <i>The Déclic Anglais Podcast</i>. New Year's resolutions are all well and good. But very often we lose motivation, and we break our New Year's resolutions, don't we? Perhaps we say that we will stop smoking and eat more healthily. But then in February, we light a cigarette and order a four-cheese pizza!</p> <p><i>(Ecrivez vos notes ici).</i></p>

02:48 There is another practice which I think is a good alternative to creating New Year's resolutions. And I like this practice because it's not just something that we can do at the start of a new year, but on every day of the year. And this practice is gratitude or thankfulness (*la gratitude*). Gratitude or thankfulness is all about recognition (*la reconnaissance*), acknowledgement. Gratitude is about recognising all of the good things that are already in our lives.

*En français, nous disons que nous sommes reconnaissants pour quelque chose. Mais en anglais nous sommes « grateful for something » ou bien « thankful for something ».*

*(Ecrivez vos notes ici).*

03:52 Ok? That preposition is quite important, we are always grateful FOR something. So why is gratitude or thankfulness a good practice? Well gratitude has a lot of benefits for our everyday lives. And it is possible to cultivate this feeling at any moment you wish. When we cultivate a feeling of gratitude, we can create many other benefits for our mental and physical health. Yes, the feeling of gratitude improves our overall health (*notre santé globale*).

*(Ecrivez vos notes ici).*

04:39	<p>Scientists have discovered that when a person takes time to reflect on all the good things in their lives, and then generate a feeling of gratitude, their heart rate (<i>leur rythme cardiaque</i>) decreases. When our heart rate is high, this creates a number of health problems. When we create this feeling of gratitude, we reduce (<i>nous réduisons</i>) the levels of cortisol in our blood. Cortisol is a hormone that has a lot of functions. One of the main functions of cortisol, is to prepare the body to respond to stressful or dangerous situations, to fight-or-flight situations (<i>les situations de combat ou de fuite</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
05:49	<p>For our ancient ancestors (<i>pour nos vieux ancêtres</i>), cortisol gave our ancestors the energy to fight or run away (<i>s'enfuir</i>) from big lions, bears, or invading armies! In our modern world, cortisol is released when we have a heavy workload, deadlines (<i>les délais</i>), twenty meetings, presentations, an angry boss, unpleasant customers... All of these things also trigger the production of cortisol. If the levels of cortisol are regularly very high (which is sometimes the case for some people), then this can have terrible long-term consequences for your health.</p> <p><i>(Ecrivez vos notes ici).</i></p>
06:57	<p>This practice then, of cultivating gratitude, is a great way of regulating, managing the level of cortisol in your body. You cannot remove the stressful situations from your life, but you can certainly control your response to these situations.</p> <p><i>(Ecrivez vos notes ici).</i></p>

07:23	<p>Cultivating gratitude also has the effect of giving us a new outlook on life, a new mental attitude. It isn't just a question of "glass half full" or "glass half empty", optimism versus pessimism. When we reflect on the good things that are already around us and then cultivate gratitude, we learn to really appreciate these things. It's very easy to forget the wonderful things that are already ours. We humans are very good at always looking for the things we DON'T have, and so we often live feeling unsatisfied. So this practice of gratitude encourages us to slow down, and take a moment to savour (<i>savourer</i>) the things we DO have.</p> <p><i>(Ecrivez vos notes ici).</i></p>
08:31	<p>The benefits, the advantages of gratitude have been known for thousands of years. Two thousand years ago, the Roman philosopher and statesman Cicero (<i>Cicéron en français</i>) said that "gratitude is not only the greatest of virtues, but the parent of all others." (<i>La gratitude n'est pas seulement la plus grande des vertus, mais le parent de toutes les autres</i>). So, in other words, when we generate a feeling of gratitude, it makes us a better person in general. When we are grateful for the things we have and the people around us, we promote the other good qualities inside us.</p> <p><i>(Ecrivez vos notes ici).</i></p>
09:36	<p>Now, I'm certainly not a great philosopher. I didn't invent gratitude; it has existed since the dawn of time (<i>depuis la nuit des temps</i>). I can only speak from my personal experience. And I can say that regularly generating this feeling of gratitude has improved my life. For me, gratitude is a daily practice. But you can do it as often as you want. In my case, at least once per day, I take just one or two minutes to reflect on my life, and I cultivate a feeling of gratitude. I personally like to write these things down in a journal, a diary. I try to find at least three things that I am grateful for.</p> <p><i>(Ecrivez vos notes ici).</i></p>

10:37	<p>It can be anything, something as small as: “I’m grateful for this nice cup of coffee I’m drinking right now.” Perhaps something bigger: “I’m grateful for the lovely evening I spent with friends last night.” Or even bigger again: “I’m grateful to have someone like XYZ – whoever you want: Paul, Fred, Susan, etc. I’m grateful to have this person in my life, with all their kindness, and all the happiness their friendship brings.” I feel energised by this practice, it gives me a lot of energy. The reason why I write these things in a diary/journal, is so that I can go back and read over things I wrote days, weeks, and months ago. If one day I feel a little sad, unmotivated, I read over the things I wrote in the past.</p> <p><i>(Ecrivez vos notes ici).</i></p>
11:43	<p>And at least in my experience, this practice has shown me that no matter what negative things happen in my life, I can always find an abundance of positive things to balance it out (<i>l’équilibrer</i>).</p> <p>So, are you interested in generating more gratitude in your life? Do you think it could work for you, too? Well, let’s try a little gratitude exercise together. First of all, get yourself a pen and paper. Ready? Ok, so as I mentioned in the beginning of this episode, in English we say that we are grateful FOR something. The preposition FOR is important for good grammar.</p> <p><i>(Ecrivez vos notes ici).</i></p>
12:45	<p>So, simply begin by writing: “I’m grateful FOR...” then put whatever you want. For this first time, I’d say to choose something small. Like me: “I’m grateful for this cup of delicious coffee.” *drinking sound*.</p> <p><i>(Ecrivez vos notes ici).</i></p>

13:06	<p>Remember that the most important is to generate a feeling of gratitude that works for you, it needs to be something personal. So it doesn't need to be something healthy or wholesome (<i>sain</i>). If you are grateful for the cigarette that you are smoking because it relaxes you, then write: "I'm grateful for this cigarette." This is a judgement-free exercise. It's all about generating that feeling of <i>gratitude!</i> And as you write "I'm grateful for...whatever", really picture that thing in your mind. Imagine doing, holding, eating or drinking whatever your thing is.</p> <p><i>(Ecrivez vos notes ici).</i></p>
14:02	<p>Alright, are you finished? Let's do the second one. Let's write a second sentence now about a person in our lives. We can say that "we are grateful FOR someone", and that "we are grateful TO someone". But the prepositions change the meaning very slightly. When we say that "I am grateful FOR someone", it means more that "I am grateful that they exist. I am grateful that they are in my life."</p> <p><i>(Ecrivez vos notes ici).</i></p>
14:43	<p>But when we say "I am grateful TO someone", this means "I am grateful for something that this person does for me, I am grateful for something that this person gives me, or for something they contribute".</p> <p>Ok, so let's start with "grateful FOR someone". I will say: "I'm grateful FOR my dog." He's always happy, full of energy, he's a breath of fresh air (<i>il est une bouffée d'air frais</i>). He doesn't make dinner, he doesn't clean the house, but I'm happy he exists, that he is in my life. I'm grateful FOR my dog.</p> <p><i>(Ecrivez vos notes ici).</i></p>

15:46	<p>Alright, final sentence: “to be grateful TO someone.” Now this is where you must think of someone who does something FOR you. So, I will say that “I’m grateful TO my parents. They are always there for me. I can always count on their support.”</p> <p>Ok, dear listeners, all good? Did you write your three sentences? If so, please don’t hesitate to share them with me. Send me your three sentences via email, to <a href="mailto:contact@declicanglais.com">contact@declicanglais.com</a>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
16:40	<p>Alright then, dear listeners. So, I would like to finish this episode on another note of gratitude, and that is my gratitude TO YOU! During the Christmas holidays, we passed an important milestone (<i>un jalon, un événement marquant</i>): 500,000 listens! <i>Ce podcast a été écouté un demi-million de fois.</i></p> <p>WOW! Half a million listens! Thank you so much to everyone who listens to this podcast. And thank you especially for all of your lovely reviews, comments, and emails. It is my pleasure writing these episodes for you, and it’s a wonderful feeling to know that they are helping you improve your English. Thank you, thank you, thank you!</p> <p>I look forward to bringing you more interesting and useful episodes in 2023. Have a great day, everyone. And see you next time. Bye for now!</p> <p><i>(Ecrivez vos notes ici).</i></p>

## How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like [www.wordreference.com](http://www.wordreference.com) to ensure that you have the correct definition and context.

### **WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:**

1.

2.

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