



Practice Gratitude By Recognizing Others

A **kind word** can lift our spirits enough to carry us through the toughest challenges on the job. Each of us has the power to give our co-workers and teams a major boost, just by taking the time to express how much we appreciate them. Expressing our thanks to teammates helps foster connection, strengthens relationships and increases our appreciation for people who make each day better at work.

Put gratitude to practice by inviting your team to write notes of thanks or recognition on the graphics to the left. Post the notes to your team bulletin board or cut them out and give to the person you would like to recognize.



BONUS ACTIVITY

- » Start or end team meetings or daily huddles with **gratitude and thanks**.
- » Use the [Praise Badge](#) function on MS Teams to recognize a peer.
- » On “**Gratitude Tuesday**” or “**Thankful Thursday**,” ask team members to share something they are grateful for.

You can also spread gratitude all year long by starting a Gratitude Tree in your department. Download this [Gratitude Tree](#) via HRconnect.