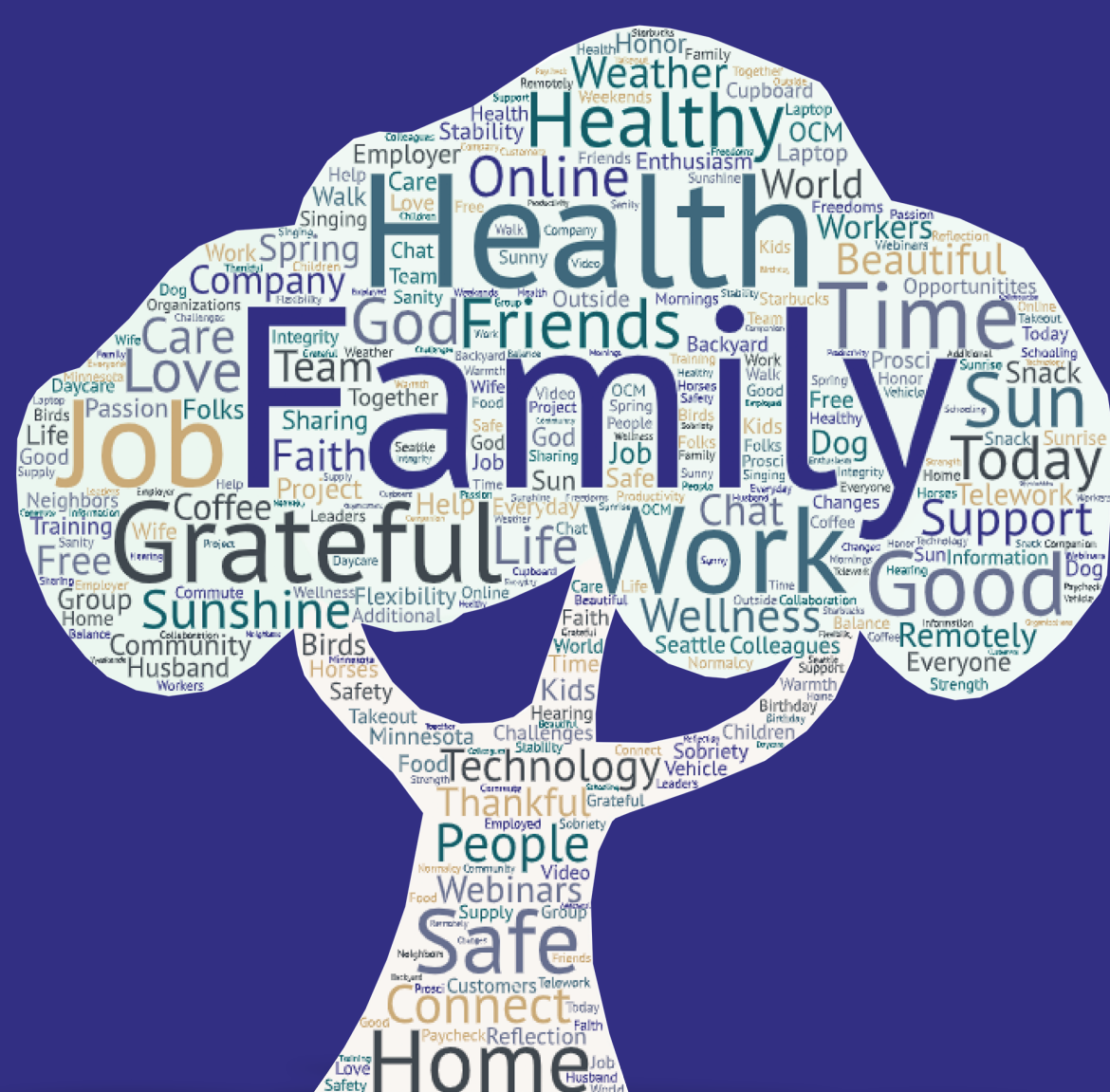


How to Practice Gratitude

What are you grateful for?



Responses from 1000+ Prosci webinar attendees

Benefits of Gratitude



Improve Mood and Happiness



Reduce Burnout



Strengthen Relationships



Broaden Perspective



Build Resilience

Ways to Practice Gratitude



Keep a Gratitude Journal

Every day, write down 3 things that went well and why.



Write a Gratitude Letter

Write a letter to someone who has made a difference in your life and read it to them.



Gratitude at Meetings

Start or end meetings with everyone sharing one thing they're grateful for.



Family Gratitude Ritual

Build a gratitude practice into an existing everyday practice, such as a meal or bedtime.



Set Gratitude Reminders

Schedule reminders on your calendar—hand-written or on your phone—to keep your gratitude practice top of mind.

Virtual Gratitude Tips

Send a “thank you” email



Small random acts of kindness



Make a virtual recognition board



Replace in-person practices with video chats

