

NKU SPARKS GRATITUDE



PERSONAL GRATITUDE ACTIVITIES

DAILY THANK YOU:

Create a daily gratitude habit by thanking one person each day before you leave work for making your day a little easier. When thanking, be specific about their contributions and what strengths you saw in them.

GRATITUDE NOTES:

This week, carry around a special notebook or stack of post-its. Notice when something happens that you are grateful for, write this down in your notebook or on a post-it. At the end of the day, try to have identified at least 3 things you are grateful for.

REFLECTIVE THANKS:

Often, there are people who contribute to our success but we don't always get the chance to thank them. Take time this week to identify 1-2 people who have contributed to your success but you haven't necessarily thanked. Reach out to these individuals with a call or note thanking them for their contribution in your life.



TEAM GRATITUDE ACTIVITIES

GRATITUDE WALL:

Appreciate colleagues for their achievements by designating a space for a gratitude wall. Keep tacks, markers and paper nearby. Encourage team members to add notes that highlight what a coworker has contributed or achieved. The more specific, the better.

FLYING GRATITUDE:

In your next team meeting (or call an impromptu huddle), have everyone grab a piece of scrap paper from the recycling bin and write a motivational quote or note of gratitude. Fold it into a paper plane and fly it around the area. Pick one airplane (not your own), and reflect on the message to inspire your day.

APPRECIATE SUCCESS:

Start your meeting off with project successes and express appreciation for people leading those efforts. Try asking the following questions for the team to respond to at the start of your meeting: "Who is someone who really helped you out last week?" or "What's an accomplishment, that is not your own, that you witnessed last week?"

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