How to Practice Gratitude

What are you grateful for?

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**

Benefits of Gratitude

- Improve Mood and Happiness
- Reduce Burnout
- Strengthen Relationships
- Broaden Perspective
- Build Resilience

Responses from 1000+ Prosci webinar attendees