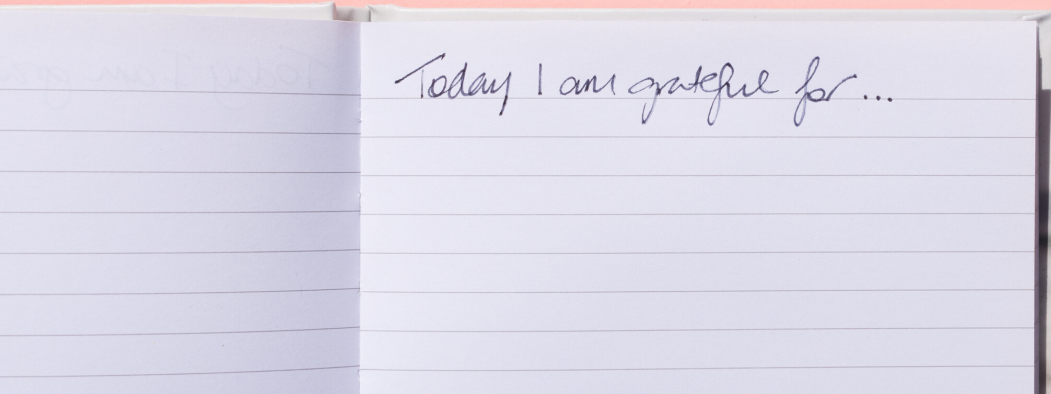




GRATITUDE CARDS



The Challenge

Research suggests that short, written expressions of gratitude can increase a person's sense of well-being. This exercise supports the creation of a positive work environment by being grateful for your colleagues and workplace. Circulate gratitude cards around your workplace to encourage positive reflection.

Fun Twists

- Send out the gratitude card after a challenging project completed at work.
- Print a card with photos of staff members for a personal touch!

Resources Required

- Blank cards
- A list of employee's names
- A folder
- Instructions to insert in the folder next to the card
- A pen

Measures of Success

- Self-reported reduction in stress levels.
- Self-reported increased mindfulness.

Considerations

Gratitude cards can be done individually, or as a group similar to a birthday card, where employees write positive thoughts about a specific person or it can be a general expression of workplace gratitude. The card is sent around from person to person, only instead of signing it, employees write what they're grateful for about the intended recipient.

PROCESS

1 MAKE CARDS

Purchase a few blank cards or make your own using stock paper.

Place the cards in a folder. Label the front cover of the folder with the names of staff members. Ask employees to cross out their name when they have signed the card. This will help track the card as it moves around the office.

2 PROVIDE INSTRUCTIONS

Make sure the card circulates around the office.

Place instructions on the inside of the card describing the purpose of the activity. Ensure that you have clearly stated who the last person who signed the card should drop it off to.

3 WATCH IT GROW

Get everyone involved

Approach senior management and ask them to sign the card first, recognizing all the hard work done by employees. Be sure to post the filled gratitude card in a well-travelled area, such as a lunch room.

Option

Circulate laminated gratitude cards for individuals to fill out and give to their coworkers on their own initiative. This can either be done for a short-term gratitude challenge, or instigated long-term.