


**PRACTICAL GRATITUDE:
EXPANDING YOUR LANGUAGE
OF APPRECIATION**



Presented by: Tanya Fraizer – Village Business Institute Trainer



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- Employee Assistance Programs (EAP)
- Critical Incident Stress Management (CISM)
- Career Transitions
- Custom Training Solutions
- Coaching Services
- Health and Productivity Services
- Human Resource Consultation
- Organizational Development
- Employee Surveys
- Workplace Mediation

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DECEMBER 14TH

**DEVELOPING A
*growth mindset***





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OBJECTIVES:

Learn techniques to recognize opportunities to acknowledge gratitude

Acquire language ideas for how to personalize impactful comments to show appreciation

Enhance team dynamics through purposeful recognition & intentional appreciation, for the full group as well as person to person



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THANKS... FOR WHAT?!?




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BENEFITS OF PRACTICING GRATITUDE

1. Enhanced Wellbeing
2. Deeper Relationships
3. Improved Optimism
4. Increased Happiness
5. Stronger Self-Control
6. Better Physical & Mental Health
7. An Overall Better Life
8. Stronger Athleticism
9. Stronger Neurologically-Based Morality

<https://positivepsychology.com/gratitude-appreciation/>




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USING A GRATITUDE JOURNAL



- Write down 3 things
- Try a timed gratitude session
- Find gratitude in your surroundings

People are **25% happier**, **sleep ½ hour longer** per evening and **exercise 33% more** if they keep a gratitude journal - Robert Emmons

<https://chopra.com/articles/advanced-gratitude-journaling-5-practices-for-increased-happiness>



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GRATITUDE EXPERIENTIAL



www.menti.com
1808 3365




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DIG DEEPER!

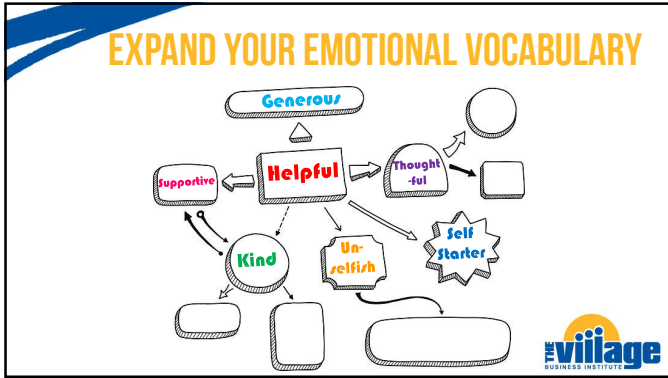
- Think of one thing or one person and write as many details as you can
- This can also be very helpful when you are faced with adversity... choose to find the good surrounding the situation



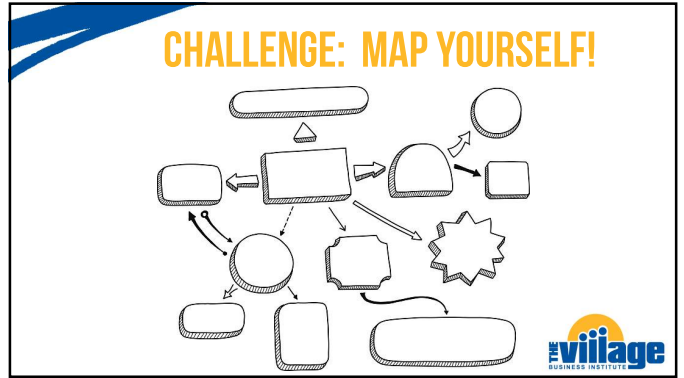
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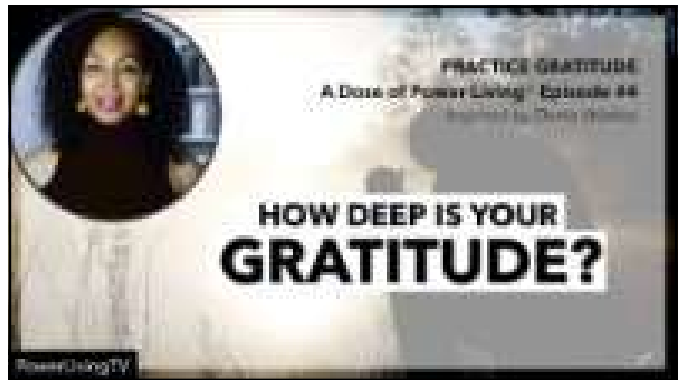


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“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

- William Arthur Ward

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FOCUS ON DENSITY

“Gratitude density refers to the number of people to whom you feel grateful for a single situation or circumstance.

For example, if you recently received your Masters Degree, write down all of the people (your professors, your parents, your high school teachers, your spouse, your children, etc.) who contributed to the achievement of your goal.”

<https://thopra.com/articles/advanced-gratitude-journaling-5-practices-for-increased-happiness>

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- ### NINE WAYS TO DEMONSTRATE GRATITUDE
1. Write A Note or Email
 2. Give Credit
 3. Give Positive Feedback
 4. Tell The Boss
 5. Offer To Help
 6. Accept Constructive Criticism
 7. Put Your Co-workers First And Work Second
 8. Start A Tradition
 9. Say Thank You... with Evidence 😊
-
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**"As we express
our gratitude, we
must never forget
that the highest
appreciation is not to
utter words, but to
live by them."**

— JOHN F. KENNEDY



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**YOUR FEEDBACK
IS WELCOMED**



<https://www.surveymonkey.com/r/36PW992>

SHERM CODE: Activity 22-WN5G



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