

5 Strategies to Promote A Culture of Gratitude

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ADOPT A GIFT MINDSET®

Create forums for people to share an experience and what they are grateful for

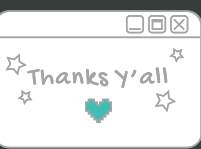


WHO OR WHAT ARE YOU GRATEFUL FOR?

Kick off meetings and team catch ups with this question

ADOPT THE 3:1 RATIO

Make it the norm to find 3 positives to every negative brought up



GRATITUDE WALL

Virtually or in the office, create a place to leave a thank you.

TEAM GRATITUDE JOURNAL

Contribute weekly to a shared platform showing appreciation to each other

