



"Gratitude is the sign of noble souls." - Aesop

We have lots to be thankful for. The year coming to an end and the weather cooling off is always a reminder to think about all that there is to be thankful for.



HAVING GRATITUDE DOES A NUMBER OF POSITIVE THINGS:

- Helps us to start the day on the right foot
- Helps us learn
- Shines light on that which is positive
- Makes us stronger
- Strengthens our relationships

Often times, one of the best ways to lift one's self up to express our gratitude to others. With that in mind, I am thankful for you! I hope this season is full of joy and promise and hope we can connect soon.



WAYS TO EXPRESS THANKS TO OTHERS:

- Call just to say 'Hello'
- Write a hand written letter to an old friend
- Volunteer with a charity or non-profit
- Smile at a stranger to brighten their day
- Take an extra minute to really express how someone has helped you
- Bring food or flowers into the office just for the sake of doing it
- Return a favor
- Give a gift card
- Pick up the bill when you aren't expected to
- Teach a skill you are good at
- Pay it forward





WRITE DOWN PEOPLE, EXPERIENCES AND OPPORTUNITIES YOU ARE THANKFUL FOR?

WRITE DOWN WHY YOU ARE THANKFUL FOR THE SAME?

ACTION STEP

Do something right now to express your gratitude for an item listed above. Use the suggestions on the reverse for inspiration or choose your own.

