



Gratitude at Work

BINGO

Buy a coworker coffee

Send a handwritten thank you note

Send 3 emails or messages to coworkers who have gone above & beyond

Block off time everyday to start your workday with gratitude

Start a meeting with gratitude

Do a gratitude meditation

Start a gratitude journal for work

Volunteer with coworkers

Take a work break outside and appreciate nature

Try a day of no complaints

Make a list of things you're grateful for at work

Offer to help a new team member



Think about a part of your job that you love

Play with your pet during a break (watching cute animal videos counts too!)

Take a deep breath before each meeting today

Pass on a movie or book recommendation to a coworker

Savor your delicious lunch

Think about a work accomplishment that you're proud of

Write one word to describe something you're grateful for today

Think about a skill you're grateful to possess

Enjoy your favorite morning beverage

Get up and stretch for five minutes

Make a gratitude jar for your work desk

Propose a gratitude challenge to your team

See how Bonusly, the leading recognition and rewards solution, helps companies build cultures of gratitude all year long. [Get a demo today.](#)