

Thank you

Kick Off the
Season With an

Attitude of Gratitude

Celebrate the season of thanks and giving by openly expressing your appreciation for others! Here are some ways to get started.



Write It Down

- ♥ Send a handwritten note of thanks. Keep it short yet specific.
- ♥ Post a photo of you and another person on social media along with a heartfelt caption.
- ♥ Text a meaningful quote with the message, "This reminded me of you!"
- ♥ Give someone a Fill in the Love® book. These fill-in-the-blank books make uniquely personalized gifts!

Say It Out Loud

- ♥ Use prompts like, "I am so grateful for _____," "I always think about how you _____," or "I am inspired by your _____."
- ♥ Ask someone how they're doing and ask follow-up questions.
- ♥ A simple "thank you" can go a long way, especially if it's for something that someone does for you regularly — it's probably been a while since you've said it!

Research has shown that regularly practicing gratitude lowers levels of stress and anxiety.¹



When Giving Thanks, *Don't Forget Yourself!*

Become a pro at practicing self-gratitude with the following tips.

Start a Gratitude Journal

At the end of each day, write down the people, events or things you're grateful for.

Compliment Yourself

Make a list of your positive attributes and then review it or add to it at the end of each month.

Take Time Off

Give yourself a break from work even if it's a personal day spent relaxing at home.

Learn Something New

Taking on a new skill or hobby will give you a new sense of appreciation for what you can accomplish.

