

Five Ways to Put Thankfulness into Action in the Workplace

Have you ever found yourself struggling to be happy at work? Whether it's your dream job or not, you can improve your work life (and everyone else's) with an attitude of thankfulness.

The way I see it, thankfulness is a verb. It's an action that benefits both the receiver and the sender. Instead of thinking, "What am I thankful for?" ask yourself, "How does my thankfulness show?" Here are five ways to put thankfulness into action:

1. **Take time to notice.** Set aside time every week (or a few minutes each morning) to think of ways to thank coworkers for the work they do and the qualities they bring to the job. Get to know each of your coworkers and find the best way to recognize them. When you take time to appreciate the people you work with, you cultivate a happier workplace.
2. **Show humility.** Showing humility does not mean you are showing weakness, it means you are harnessing personal strength to support others. In business, success depends on the hard work of your team. Be open to their opinions, tend to their needs, and admit your own mistakes. Humility encourages better employee engagement.
3. **Be authentic.** An attitude of thankfulness comes from seeing the abundance you've been given in your own life. When recognizing your coworkers, from your own life experiences, core values and strengths. It takes courage to be yourself, but when you do, you lay the foundation for trust and loyalty.
4. **Say "Please" and "Thank You".** These two seemingly tiny expressions pack a powerful punch: they are big-time motivators and self-esteem boosters for both sender and recipient. Work "Please" and "Thank You" into conversations and email correspondence.
5. **Be involved.** A culture of thankfulness relies on people like you – no matter what position you hold – to look for opportunities to express gratitude. Help create those opportunities and encourage participation.



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