**Cultivating Gratitude in the Workplace [Free Must-Have Guide!]**

The workplace is one of the best places to practice gratitude. A grateful attitude leads to a positive and happy mindset. It also helps you learn to better appreciate the little joys in life. Unfortunately, gratitude is not often practiced in the workplace. According to a [study](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&ved=0CC8QFjAC&url=http%3A%2F%2Fgreatergood.berkeley.edu%2Fimages%2Fuploads%2FJTF_GRATITUDE_REPORTpub.doc&ei=Dz92VIzGIrDqiAL0zIGoAQ&usg=AFQjCNFQX60Cv8oE4FjZln5sTkalkRA-TA&sig2=IDq0BtbOrslxcAXqrvfweg&bvm=bv.80642063,d.cGU) by the John Templeton Foundation, people are less likely to express gratitude in the workplace than almost anywhere else, and a startling 60% of people never express thanks at work.

Without gratitude at work, employees might feel unappreciated and undervalued. In turn, these employees will be less satisfied with their jobs and more likely to be looking for other opportunities. On the flip side, employees who feel gratitude from their employers and express gratitude to their colleagues are much more likely to be happy, motivated, and productive in their roles.

If you currently have a wellness program or strategy in place at your company, but aren’t promoting gratitude, you’re missing a big opportunity. It’s important for wellness coordinators and HR pros to remember that employee wellness goes beyond diet and exercise – it includes a healthy and happy mindset. Though there are many ways to help employees achieve a healthy and happy mindset, we think one of the easiest ways to do so is by cultivating gratitude in the workplace.

Which is why we want created this free, downloadable guide to help you harness the power of gratitude at our company. With the help of this guide, we encourage you to launch a 30-Day Gratitude Challenge at your workplace and inspire expressions of gratitude.

Take a sneak peak of what you’ll find when you download our free guide:

**Benefits of Gratitude in the Workplace**

Gratitude is a key factor for living a life filled with positivity. Practicing gratitude in the workplace brings about many positive effects. Feeling valued and appreciated is a fundamental human need of employees. Appreciated employees tend to be more loyal, productive, and satisfied in their roles.

Some of the proven work-related benefits of gratitude include:

* Increased productivity
* Improved work relationships
* More enthusiasm

In addition to the benefits gratitude has on work performance, research has shown that gratitude also has a positive impact on health and wellbeing. Some of the physical and mental health benefits of employees who feel and express gratitude include:

* Better sleep habits
* Lower blood pressure
* Mindful behaviors
* More energy
* Less stress
* Better moods and increased feelings of happiness

**How to Inspire Gratitude in the Workplace**

We’ll admit it, promoting gratitude in the workplace can be a bit of a challenge. It’s hard for employees to remember to practice gratitude – especially during a rough day at the office. The easiest way for HR pros or wellness coordinators to help employees feel and express gratitude is by leading by example. Here are a few ways to cultivate gratitude at your company:

* Look for opportunities to celebrate success.
* Support peer-to-peer recognition.
* Get employees involved in community service projects.
* Encourage mindful behaviors.
* Provide gratitude journals.
* Reinforce random acts of kindness.
* Offer education about the benefits of gratitude.
* Start a gratitude challenge.

**30-Day Gratitude Challenge**

Because we know HR pros and wellness coordinators already have a lot on their plates, we designed a 30-Day Gratitude Challenge to help you cultivate gratitude at your company. Each day features a small, achievable goal to help you and your employees express gratitude and better appreciate the little things in life. Download the guide to print out the 30-Day Gratitude Challenge and challenge your colleagues!

**How to Promote a Gratitude Challenge at Your Company**

Sometimes it can be a bit tricky to get employees to participate in a wellness challenge. The key is to promote the challenge with some excitement. Here are a few tips and ideas to help get employees excited about the 30-Day Gratitude Challenge:

* Make a company-wide announcement.
* Utilize social media.
* Provide some sort of incentive.
* Get senior management involved.
* Advertise with marketing materials.

P.S. – We even included a free, printable flyer to help you promote your 30-Day Gratitude Challenge at work. Download the guide to get your copy!

We hope this guide will help you cultivate the power of gratitude at your company. Helping employees express and feel gratitude throughout the workday is one of the best ways to create a happy, positive work environment. Try out the 30-Day Gratitude Challenge at your company and let us know how it goes!