

PRACTICING
EXCELLENCE

**GRATITUDE
CHALLENGE.**

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Today, take 30 seconds before you leave work and take a photo of something you are grateful for.

Add a "Grateful" album on your phone and store it there. Repeat this practice on a regular basis.

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Think of someone from your past who has had an impact on you. Have you ever told them?

Send a message to them expressing what impact they have had on your life and thank them.

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Think of a way you can involve someone you care about in a gratitude practice. Schedule time with your kids to serve at a local shelter. Invite a colleague to go shopping for a family in need from a giving tree over your lunch break. Ask a friend to take a walk around work to catch up and clean up any trash you see. **Get creative!**

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Text a friend you've not
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months or years with
your gratitude message
for their friendship.

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Consider a past colleague
or leader who made a
difference in how you
manage work and/or life,
and text them to let them
know how you've put
their advice/example into
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Give a thank you card to
someone who works at a
place you frequent like
your favorite coffee shop,
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Write a letter to your
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for, endured, and
experienced to help you
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Write a letter to your
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gratitude for your current
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Set a 3-minute timer. In those 3 minutes, list as many things as you can that you're grateful for, no matter how small. Aim for 20! Share your list with someone.

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Take a moment to express gratitude to the unsung heroes at your healthcare organization—sterile processing staff, pharmacy techs, the lab team, etc. Write a quick thank-you note or deliver snacks with a message of appreciation.

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At the end of the day, mentally list three people whose lives were positively impacted by your team's work. Share this reflection with your team during a debrief.

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Choose a department that your team interacts with regularly (e.g., IT, HR, finance), and send a note of thanks for how they make your work easier. Encourage your team to do the same.

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