

WORKSHEET

Prioritizing Gratitude at Home and Work

Some of the greatest obstacles to practicing gratitude are 24/7 distractions, the brain’s built-in negativity bias and a lack of physical and time-based divides between work and personal life, especially for those working remotely. Small micro-practices of gratitude linked with existing activities provide the much-needed space to break away from distractions and allow time to reflect on what is working well. You can do these micro-practices alone or with a gratitude buddy/partner. They take only a few seconds or a few minutes. Use these key elements in your micro-practice to create the greatest benefit:

1. Name the person, behavior or experience for which you are grateful.
2. Describe how you, your team, your patient, your family or your institution benefited.
3. Describe why this is meaningful to you and/or the team, patient, family or institution.

Engage in small micro-practices of gratitude in each of your DAILY ACTIVITIES:

Micro-Practice DAILY ACTIVITIES*	Person/Behavior/ Experience for Which You are Grateful	Description	Completed
Brushing your teeth			
Washing your hands			
Waiting for the bathtub to fill up			
Washing dishes, folding laundry, etc.			
Waiting in line for... a coffee, the grocery line, a red light			
Before eating a meal			
While on hold			
Waiting for drive- thru carry out			
Before starting your car (set a 2-minute timer on your phone)			
Other			

***Note:** It's helpful to place a sticky note in your line of vision to help prompt your micro-practices.

Engage in small micro-practices of gratitude in each of your WORK ACTIVITIES:

Micro-Practice WORK ACTIVITIES*	Person/Behavior/ Experience for Which You are Grateful	Description	Completed
Before walking into a patient's room – consider why you're grateful for the patient and the type of patient care you're about to administer			
Before walking into an in-person meeting or a Zoom call – consider why you're grateful for the person or persons you're about to meet			
At the end of an in-person meeting or a Zoom call – recognize someone or something for which you are grateful			
Give a high-five and state "I am grateful for [fill in the blank]" while passing someone in the hall, after rounding or report, etc.			
Jot down "I am grateful for" (short-version "img4") on kudos board, notepaper, Notes phone app – naming the person, experience or behavior and why you're grateful			
Say three things you are grateful for as you use hand sanitizer or wash hands			
Say three things you are grateful for while riding the elevator/ taking the stairs			
Other			

**Note: You may be carrying negative emotions at the start of any of these activities. Before you begin, before you enter a meeting or patient's room, practice "clearing the space." Name the negative emotion "I'm feeling _____," to yourself or someone else. This practice helps minimize the impact of that emotion and you're ready to start your gratitude micro-practice.*

For more information on how to become a more grateful leader and strengthen a culture of gratitude, contact:

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