# Activity: Gratitude

Write down your impressions of how you felt during the process and answer the following questions:

1. What did it feel like to extend gratitude towards the three people you thanked? How did each of them feel and what were their reactions towards you?  
   Expressing gratitude felt deeply rewarding and humbling. It reminded me of how much these individuals mean to me and how their actions shape my life.

Mom: She smiled warmly, and I could see her eyes glistening as she read the note. She told me it meant a lot to hear how her efforts impacted me. It was a moment of connection and validation for both of us.

Dad: My dad doesn’t usually show his emotions easily, but I noticed a sense of pride in his response. He gave me a strong hug and thanked me for recognizing his efforts. His reaction reinforced how powerful simple, heartfelt words can be.

Wife: My wife’s reaction was incredibly touching. She was visibly moved and shared that the note was one of the most meaningful things I’d done recently. It brought us closer and reminded both of us of the strength of our partnership.

This process deepened my relationships and left me with a greater appreciation for the people around me.

1. What is the role of gratitude in organizations? Have you seen examples of how it increases effectiveness? Your answers should be detailed and thorough.

Gratitude plays a crucial role in fostering a positive culture within organizations. It creates an environment where individuals feel valued and motivated to perform at their best. Gratitude can lead to increased job satisfaction, stronger teamwork, and higher levels of trust and engagement.

Examples in Action:

I once observed a manager who made a point of regularly thanking employees for their contributions during team meetings. This small gesture created a ripple effect of positivity and encouraged the team to support one another more actively.

Another example is when a coworker celebrated another team member’s efforts in delivering a challenging project. This public recognition not only uplifted the individual but inspired the rest of the team to strive for excellence.

Gratitude strengthens relationships in the workplace, leading to improved collaboration, innovation, and overall effectiveness.

1. What are the barriers to expressing gratitude? How are they overcome? Your answer should include and explain in detail at least three (3) barriers to expressing gratitude and how they are overcome.

Despite its importance, expressing gratitude can sometimes feel challenging. Here are three common barriers and ways to overcome them:

Fear of Vulnerability

Barrier: Expressing gratitude can feel like exposing your emotions, which some might perceive as a sign of weakness or discomfort.

Solution: Reframe gratitude as a strength. Practicing small acts of gratitude, such as writing notes or acknowledging someone’s work, can build confidence in expressing emotions authentically.

Time Constraints

Barrier: People often feel too busy to take the time to acknowledge others, assuming it requires a significant effort.

Solution: Integrate gratitude into daily habits. For example, start team meetings with a quick acknowledgment of successes or set aside a few minutes each day to thank someone.

Taking Others for Granted

Barrier: Over time, it’s easy to overlook the contributions of those we see or interact with regularly.

Solution: Practice mindfulness by intentionally observing and recognizing the efforts of those around you. Keeping a gratitude journal or making a habit of reflecting on daily interactions can help overcome this tendency.

By addressing these barriers, we can cultivate a more consistent practice of gratitude, enriching both personal and professional relationships.