



## GRATITUDE AT WORK

Designed for: Leaders

Deck Type: Random Cards

Recommended Time: 15 minutes

*“The research is clear: Gratitude is good for you. It improves wellbeing, reduces stress, and builds resilience.” (Harvard Business Review, Gallo, 2021)*

### How to use this Pocket Deck

1. Share the QR code or link with your team: <https://pocketdecks.com/decks/gratitude>
2. Confirm that at least half the team members can open the deck on their smartphones.
3. Ask team members to work in pairs.
4. Ensure that at least one person in each pair has an open deck.
5. Instruct team members to click the Pocket Deck to “SHUFFLE THE PACK.”
6. After the deck is shuffled, they can click it to “FLIP TOP CARD.”
7. GRATITUDE cards will display randomly after each “shuffle and flip.”

### Discussion Guide

1. Instruct team members to flip through the deck and use the cards as prompts to recall and share experiences that they are grateful for.
2. Team members should alternate between each other for the allotted time.
3. Cards display randomly when flipped. If a card repeats, advise them to flip again.
4. At the end of the allotted time, instruct team members to stop.
5. Ask team members to share some of what they were grateful for with the group.
6. Express your gratitude to the team. If possible, try to identify some specific events or experiences to mention.
7. End the session by encouraging the team to express gratitude and positive feedback to each other during their routine workday. Remind them that it's easy to forget to show appreciation for simple things, but when gratitude is shared amongst the team, it creates a collaborative and cooperative working environment.