



MINDWHATMATTERS

GRATITUDE VISIT

'Gratitude Visit' is a engaging way to get participants to recognise who and for what reasons they are grateful for. This exercise encourages participants to share with each other privately.

Conduct:

- Engage participants to settle in, relax, and place their devices aside. Ground themselves by placing their feet firmly on the ground and get comfortable in their seats.
- Prompt participants to think of:

**A colleague whom
they are grateful for**

- Have your participants write the name of this person down on the 2nd page of this document, or on any piece of paper. Next, have them write:

**What are the qualities of that
colleague that make you feel
grateful?**

- Once they have written these down, encourage them to share what they have written with the colleague whom they have written about, via a phone picture or in-person immediately.
- As the facilitator, share about the person whom you have written about and why.
- Participants will enjoy the appreciation from each other. Encourage participants to practice this exercise monthly or before each group meeting/engagement.

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Name a someone or a group of people you are grateful for:

What are the qualities of this person/ these people that make you feel grateful?

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