



# The Power of Gratitude

When we feel appreciated, we can take on the toughest challenges on the job. Expressing thanks for our teammates' great work helps foster connection, strengthens relationships and increases everyone's willingness to go the extra mile for our members and patients.

Put gratitude to practice by inviting your team to write notes of thanks or recognition on the graphics to the right. Post the notes to your team bulletin board or cut them out and give to the person you would like to recognize.



## ACTIVITY

- » Start or end team meetings or daily huddles with gratitude and thanks.
- » Use the [Praise Badge](#) function on MS Teams to recognize a peer.

## BONUS ACTIVITY

You can also spread gratitude all year long by starting a [Gratitude Tree](#) in your department. Download this Gratitude Tree via HRconnect.

**SMARTIE Goal:** Organize a **Gratitude for the Attitude** team activity in November. Urge team members to place teammates' names in a Gratitude Box each week, with messages expressing for their outstanding work. Read at least three messages from the Gratitude Box at team meetings or huddles. Make the activity **inclusive** by promoting it during AM and PM shifts. Make it **equitable** by promoting the challenge with other teams, so that all great attitudes are recognized.

Thank you to the Inpatient Pharmacy UBT at Kaiser Permanente Moreno Valley Medical Center for providing this great SMARTIE goal.

