

GRATITUDE & KINDNESS PROMPTS & MESSAGE IDEAS

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WELL-BEING WEEK IN LAW

MON



STAY STRONG

Physical Well-Being

TUES



ALIGN

Spiritual Well-Being

WEDS



ENGAGE & GROW

Career & Intellectual Well-Being

THURS



CONNECT

Social Well-Being

FRI



FEEL WELL

Emotional Well-Being

PROMPTS FOR GRATITUDE & KINDNESS NOTES

An easy way to spread more gratitude and kindness is to send a note of thanks, support, or affection to friends, family, colleagues, and clients using IWIL's e-message form. Below are prompts, message ideas, and recipient ideas to help you write your own e-messages.

Here are 3 reasons I'm grateful for you:

- 1.
- 2.
- 3.

You're awesome because:

I'm so grateful to work with you!

Thank you so much for:

because:

It made me feel:

I feel lucky to work with you!

I'm looking forward to:

Thank you for being such a great [mentor/colleague/boss]!

The most important thing I've learned while working with you is:

You really helped me with:

Thank you for:

Thank you for your awesomeness! My 3 favorite things about working with you are:

- 1.
- 2.
- 3.

MESSAGE IDEAS

To Everyone at Work

- Thank you for:
 - all of the hours and late nights you needed to work to get this done on time.
 - your thoughtful contribution during the meeting.
 - submitting such high-quality work.
 - taking on new responsibilities and handling them so well.
 - doing such a great job on this difficult assignment.
 - helping your colleagues.
 - your good firm citizenship.
 - being so attentive to our client.
- I know it's been a tough time to get excited about work lately, and I wanted to make sure you know how grateful I am for everything you do and how important you are to the team.
- Your strengths and expertise really shined during this project. Thank you for your incredible contribution. You make such a difference for our team.
- I know you've been tasked with a lot of work recently. Thank you so much for all your efforts.
- Thank you for jumping in and helping; I know you're really busy and it's much appreciated.
- Thank you for making this a great place to work.
- I always appreciate the unique perspective you bring to our team.
- Thank you for always putting in your best effort at work. Your commitment to excellent work for our clients is very appreciated.
- I appreciate your team work and enthusiasm every day. Thanks for the great work you do and for supporting your colleagues.
- Thank you for all of your support. I'm grateful to have such an awesome colleague and friend.
- You make our team's work experience brighter and more fun. Thank you for all you do.

To Your Supervisors/Mentors

- I know you're as tired as the rest of us of this pandemic, and I just wanted you to know how much I appreciate your efforts to keep work fun and interesting and to support us.
- I know being a manager/leader can sometimes be a thankless job. I wanted to make sure you know how thankful I am for all you do.
- Thank you for carving out time to talk with me. Your insights were very helpful.
- Thank you for believing in me. I wouldn't be where I am without your help along the way.

- Thank you for encouraging me to keep striving for the best.
- I've had a lot of challenging things happening in my personal life and I really appreciate the support you've given me.

To Give Encouragement/Support for Someone Experiencing a Struggle or Challenge

- You got this. I believe in you.
- Sending you positive thoughts as you go through this challenging time.
- Hang in there. I am rooting for you. You are stronger than you think.

OTHER RECIPIENT IDEAS: TO WHOM CAN YOU SEND YOUR THANKS & KIND WORDS?

Gratitude for the Things and People in Your life

- Someone who has recently given you a gift (e.g., an item; advice, encouragement, or other gift of words).
- A friend or colleague. Tell them why you are thankful for them.
- A family member who you appreciate but haven't talked to in a while.
- Someone who has taught you something.
- Someone who makes you laugh and/or brings a smile to your face.
- Someone who has helped you or stood by you in difficult times.
- Someone who you may have taken for granted recently.

Gratitude for Inspiration

- Someone who inspires you.
- Your favorite leader, author, or religious guide.
- Someone who has shared an adventure with you.
- A mentor, coach, or teacher.
- A spouse, partner, friend, or parent.