

Top 10 Ways to Show Your
Gratitude and
Appreciation



Have you thanked someone today?

Buddha made a good point when he said:

“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.”

In short, if we’re not dead, we have a lot to be thankful for. Sounds rather silly, but it’s true!

Each day, blessings come to us that make our life better in some way, if not today, then tomorrow or the next day. So it’s important to rejoice and be glad!

The benefits of showing your appreciation are many:

1. **When you feel gratitude, your blessings multiply.** Feeling grateful for the good things in your life sends out vibrations that attract even more good things. This is one of the ideas behind the Law of Attraction!
2. **When you show gratitude, your friends multiply.** People have a basic need to feel appreciated. When you fulfill that need, you bring great joy and happiness with you. As a result, showing your appreciation to others draws them closer to you and, in turn, they’re more inclined to go out of their way for you.
3. **Showing your gratitude brings you more success in both your personal and professional life.**
 - Your family ties are strengthened.
 - Friends, co-workers, and business associates become very loyal indeed.
 - Your relationship with your partner becomes more enduring and passionate.



Does this mean if you want these benefits you need to spend all day running around like a gratitude hound? Not at all! ***Showing the people in your life your gratitude and appreciation is easier than you think.***

This eBook gives you some tips you can use to easily and effectively show your appreciation every day. When you show others that you care, everyone will reap the benefits!

Give thanks for your blessings

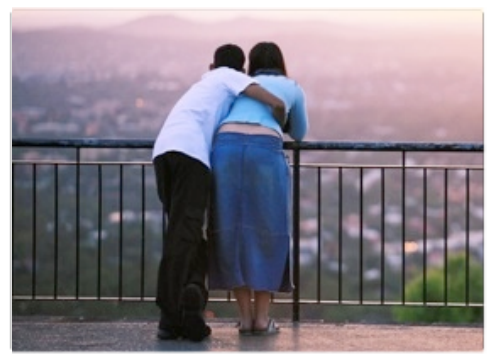
Every day, remember to give thanks to your Creator for the many opportunities, successes, and life lessons. Each day brings you new things to be thankful for and new opportunities to make your life wonderful. ***If the sun rises, it's a good day!***

1. **Count your blessings.** Each day, just after you wake up and before going to bed, count your blessings, feel gratitude, and give thanks.
2. **Keep a gratitude journal.** Ask yourself, “*What good things happened today?*” List them in your journal and reflect on them.
3. **Use your talents to help people.** You were given many unique qualities and talents. Sharing your gifts with those less fortunate is an excellent way to show your gratitude for your blessings. It helps others and brings satisfaction and fulfillment to you as well.
 - Give a portion of your money or time to those who are in need.
 - Volunteer at your local school, library, shelter, food bank, or community organization.
 - Get involved in a cause you feel passionate about and do whatever you can to help.

Shower your spouse with gratitude

Now that I got your attention with the first three words, let's talk more about how you can show gratitude to your spouse. There are plenty of opportunities every day to let your partner know how much you appreciate them.

One of the great things about this is that once you start showing your appreciation to your spouse, **they respond by showing more gratitude to you!** Wow! Don't you just love to be appreciated? So does your spouse.



Here are some common situations that are perfect for showing your gratitude:

1. **When your spouse helps** with the household chores, don't take it for granted simply because you do your share of chores also. Show your appreciation: *"Thank you for doing the dishes. I really appreciate it! It gave me some time to relax."*
2. **Even when your spouse messes up** something they're trying to do for you, remember it's the thought that counts. For example, if the food is a little overcooked, be sure to thank them anyway. If it's still edible, here's a good one: *"That's okay, honey, I like it like that."*
3. **If they call to say they'll be late**, rather than getting upset, be thankful that they let you know about it: *"Thanks for calling to let me know."*
4. **When you see that your spouse is really beat**, offer to do her chores rather than waiting to be asked.
5. **Leave Thank You notes** where your spouse will find them during the day. Thank them for anything and everything.

Let your children know you appreciate them

Your children, more than anyone else, need to see, hear, and feel your gratitude. Not only are you teaching them manners, like "Please" and "Thank you," but you're also nurturing them to grow into strong, secure adults who show their own gratitude toward others.

Use these tips to show gratitude to your children:

1. **Say “Thank you”** every time they hand you something, do you a favor, or listen to instructions.
2. **Let the hugs, kisses, compliments and rewards be plentiful** in showing your appreciation:

You can say things like:

- *Thank you! Great job.*
 - *I love the way you did that. Thank you.*
 - *You were so sweet to help me sort the laundry. Thanks.*
 - *Thank you for helping me cook dinner. Now we can enjoy our meal together.*
 - *Thank you for helping me clean the house! Thanks to you, I can get some time to relax!*
 - *Thank you for being you. I love you just the way you are!*
 - *I'm so happy we get to spend the day together!*
 - *I'm so glad you're my son!*
 - *I love having these Mother/Daughter days! It's so fun being with you!*
3. **Thank and congratulate them for their wise choices** when they make good decisions.



Thank your parents

It's important to show gratitude to your parents for their love and support throughout the years. You became who you are today because of the sacrifices your parents made for you.

1. If you aren't very close to your parents, make an effort to reach out to them.
2. If you live far away, make the effort to call or visit them often.

3. Talk about your fond memories and how you appreciate those experiences.
 - *“Remember when...?”*
4. Offer to do things for them, like their yard maintenance or shopping.
5. Cook a nice dinner or go out to eat with them frequently.



Show gratitude to your friends

As with other relationships, your friendships must also be nurtured. Even if you think that your friends already know how much you care for them, it's still important to express it through words and actions.

1. Remember to say *“Thank you”* for their kind thoughts and deeds.
2. ***Always be there when they need you.*** In this way, you're showing your gratitude through your actions.
3. Send them a card or personal note for no other reason than to thank them for being your friend. This kind of surprise can go a long way.

Bosses need a thank you, too

No matter how gruff your boss may seem, it's still important to show your appreciation. Unfortunately, many employees never once say *“Thank you”* to their employer.

More often than not, the only things the boss hears from others are the problem, complaints, frustrations, and annoyances.

1. Because of the business relationship, you may need to be careful how you handle this one. Overdoing it when expressing your gratitude,



especially in a larger company, could be construed as “looking for points.” Many times, a sincere “*Oh, thank you!*” will suffice.

2. If your office or workplace is smaller and you enjoy closer relationships, letting your boss know ***you’re grateful for your job because it has made a positive difference in your life*** is appropriate and appreciated.

Let your employees see appreciation

If you’re the boss, you can raise morale and create more loyalty, job satisfaction, and motivation when you express appreciation to your employees for their hard work.

1. In employee surveys, ***cash is the number one reward*** sought by employees for company incentives. If your company can afford it, small gift certificates or bonuses for a job well done will show your gratitude for their extra efforts in a big way.
2. ***Recognition in front of their peers*** is also a great way to show your appreciation. Have an Employee of the Month ceremony where you present your chosen employee with a plaque or certificate. Also, display the awards in a special public place in your building.
3. Even if you can’t afford pay raises for outstanding employees, have a meeting to show your gratitude and ***give them a more advanced job title*** that recognizes their accomplishments. It may seem small, but a better job title may benefit them when it comes to future jobs.

Be grateful to your colleagues

Your co-workers have a strong influence in your life, and it’s important to show them gratitude for the things they do for you. Sometimes it might be something big, like staying late to help you finish an important report, and other times it’s no more than lending a sympathetic ear to your tale of woe.



Regardless of what the favor is, whether it's big or small, they still need to feel like you appreciate them.

The key ingredients in showing your appreciation to your co-workers are:

- Be sincere.
- Use their name.
- Say *"Thank you."*
- State why you appreciate their action.

Try these strategies to show your gratitude at work:

1. **When your co-worker helps you complete your work,** offer to return the favor. For example, *"Thanks, Sue, for helping me with that report. Frankly, I don't know what I would've done without you! Let me know if you're ever in a bind and I'll return the favor."*
2. **When a team member does an outstanding job** on their part of the project, you can say, *"This is wonderful, John! I can see the hard work you must have put into this. Thank you for doing such an outstanding job on it. This is really going to help our project."*
3. **Here's another showing of gratitude:** *"Thank you for being there for me yesterday, Cindy. I really needed to rant."*



Customers like to know you care

If you own a business or work directly with customers, your financial future depends on the happiness of your clients. Show them that you appreciate their business and *they'll be happy to do business with you again and again.*

1. Keep a file with your customers' birthdays and send them a birthday card each year. **Hand-write a short note and personally sign it.** Your note doesn't have to be any longer than, "Happy Birthday, Bob! Thank you for your business this past year."
2. Every so often send customer appreciation discount coupons or offers to your clients. It lets them know you're grateful for their business and will also boost sales.
3. Have a customer appreciation social function once a year for your VIP clients. Many companies do this during the holidays, but you can do it anytime of year, such as hosting a picnic in the summer.

Thank others for their quality service

When someone has made your day a little easier by doing a good job for you, let them know you appreciate their efforts.

Whether it's the plumber who just fixed your flooded toilet, the UPS man who walked down your driveway in the rain to deliver your package, or a polite and concerned clerk who helped solve your problem, they each made sure to do something special for you.

Showing your gratitude will brighten their day, too. Plus, you may get even better service the next time because of your kindness!

- Make eye contact, smile, and say, *“Thank you! You just made my day!”* or *“Thank you very much. You’ll never guess how much that helps me out. I really appreciate your going out of your way for me!”*
- Give them a firm handshake to show your sincerity.

As you can see, there are plenty of ways to show your gratitude and appreciation. In most cases, you don’t even need to go out of your way to show it. A kind word here and there or a simple *“thank you”* is one of the simplest of actions that will warm people’s hearts.

Use these tips to show your gratitude every day and you’ll find your life being filled with more and more things to be grateful for.

