



# UPWARD SPIRAL CONSULTING

## The 3-Day Gratitude Challenge

Welcome to the **3-Day Gratitude Challenge**, a quick, research-backed way to strengthen connection, motivation, and well-being at work. This simple exercise is designed to enhance your work environment and promote a culture of appreciation. Let's embark on this journey to elevate our workplace relationships and create an upward spiral of positivity.

### Day 1: Notice

The first step in our challenge is to *notice* the contributions of others. Today, focus on one person within your team and identify something specific they did recently that made a difference.

#### **Prompts:**

- What exactly did they do?
- How did it help you, the team, or the organization?

Once you've identified this act, send a short message or note acknowledging their contribution. It's amazing how a simple recognition can brighten someone's day and foster a sense of belonging.

### Day 2: Express

On the second day, it's time to *express* your gratitude in person, if possible. Choose a different person and thank them face-to-face for something they did that stood out to you.

#### **Prompts:**

- What behavior stood out?
- What positive outcome did it create?

Remember to keep your message short and sincere. A genuine "thank you" can leave a lasting impact and encourage continued positive behavior.

### Day 3: Reflect

Today, we turn inward to *reflect* on the moments when we felt supported, encouraged, or appreciated throughout the week. Think about one such moment and consider the following:

#### **Prompts:**

- Who played a role?
- What impact did that moment have on your mood, energy, or focus?

After reflecting, send that person a quick thank-you message, sharing the ripple effect they created. This reflection helps us appreciate the support we receive and reinforces positive interactions.

## Leadership Reflection (Optional)

After completing the challenge, take a moment to reflect on your experience as a leader or team member.

### Questions to Consider:

- Which moment felt the most natural?
- Which moment seemed to matter the most to someone else?
- What is one small gratitude habit you could continue each week?

By cultivating a habit of gratitude, you can lead your team towards a more engaged and motivated work environment. The ripple effect of gratitude can transform not only your day but also the culture of your workplace. Let this 3-Day Gratitude Challenge be the starting point for an upward spiral of positivity and connection.



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