



The Impact of Gratitude on
Institutional Culture
Friday, April 12, 2019

Dr. Sharon Sheridan (Presentor)
sharon.sheridan@UND.edu

Dr. Anne Kelsch and Carrie Herrig (Facilitators)
anne.kelsch@UND.edu | carrie.herrig@UND.edu

Notes

Reflective Exercise

1. Thinking about the past year, what I have learned about myself that I am grateful for? How did I learn this and why am I grateful for it?
2. What is one aspect of my work I am grateful for and why am I grateful for it?
3. What is a relationship at work I am grateful for and why am I grateful for it?
4. What is one responsibility at work I value and am grateful I get to do?

Tips & Resources

Develop a more regular practice of Gratitude by:

- Journaling. Carry it with you and jot things down as you see or feel them. This way you can write down things you are grateful for in the moment.
- When you think of someone, send them a text. Even if it just says, I'm thinking of you. I love you!
- Write notes to people. Drop a friend, family member, colleague a note in the mail.
- Set reminders! Have an alarm pop up every few hours to remind you to stop and be grateful.
- Leverage holidays as a way to share your gratitude. Birthdays, holidays, etc. are the perfect way to share why you are grateful for someone or something. Think of something unique (a memory, a trait, etc.) and share why you love it!
- Flood yourself. Set a 2-3 minute timer and write down what you are grateful for. You may not capture it all but just let the thoughts flood you!