



## Positive Work Ways Tool

A practical mindset activity for individuals, teams, and leaders

# Gratitude Snapshot

## Why This Works



Gratitude helps the brain shift out of a reactive, defensive state and into a more open and creative mindset.

Even brief moments of appreciation can reduce stress, boost engagement, and increase collaboration — especially under pressure.

Use this tool to build reflective habits in teams or create space for personal clarity and calm.

## The Core Question



What is one thing you feel grateful for right now — about yourself, your team, or your work? (And why?)

### Facilitation Tips

Encourage people to go beyond surface answers. Gratitude doesn't need to be grand — but it does need to be genuine and felt as an emotion.

## Prompts to Deepen the Conversation



- What recent moment brought a sense of meaning, connection, or energy?
- Who helped make your day easier — and how?
- What challenge are you glad to have moved through?
- What feels steady or supportive, even when things are hard?

### Facilitation Tips

- Model it: share a small, real gratitude of your own
- Allow silence — avoid rushing the moment
- Invite people to reflect privately first, then share
- Use “why does that matter?” to deepen the impact
- Don't judge or compare answers — gratitude is personal



## Positive Work Ways Tool

A practical mindset activity for individuals, teams, and leaders

### When This Works



- Start or close team meetings
- Individual check-ins or coaching sessions
- End-of-week reflections
- After periods of stress, tension, or big effort

### Real-World Examples



- "I'm grateful for a colleague who spotted something I missed — it saved us time."
- "I appreciated a moment of calm before a busy week — it helped me reset."
- "Grateful that the team kept a sense of humour, even under pressure."
- "I feel thankful that I could ask for help and not be judged."

### Want to take it further?



Try pairing this with a question like:

"What's something you'd like to show appreciation for — before the day's done?"

