

Appreciation Note Starters

... give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18)

GRATITUDE AND APPRECIATION

Gratitude is the *quality of being thankful* and a *readiness to show appreciation*. Appreciation is the *recognition of the good in others*. Together, they are a vibrant, grace-filled encouragement to others.

People we often neglect to appreciate:

- receptionists
- transit drivers
- crossing guards
- DMV personnel
- utility workers
- parking attendants
- delivery drivers
- fast food workers
- security guards
- pharmacists
- custodians
- customer service reps
- librarians
- custodians
- TSA workers
- baristas
- cashiers

Finding the words to express our appreciation can sometimes be difficult, so we've jump-started the process for you. Grab a pen and a mini-appreciation card and make someone's day!

APPRECIATION NOTE STARTERS

- Thank you for your unexpected kindness! You made my day!
- Thanks for having my back. It meant more than you know.
- Your kindness has restored my confidence. Thank you!
- Thank you for noticing that I needed help. It meant everything.
- I came in feeling frazzled and left feeling fabulous! Thank you!
- I'm grateful for your exceptional care! Thank you!
- Thank you for figuring out how to get me moving again!
- Thank you for working weekends and holidays. I see your sacrifice.
- The food was great, but your service was exceptional!
- By going above and beyond, you knocked it out of the park!
- Your kindness deeply blessed me. Thank you!
- It knocks my socks off when I think of your selflessness!
- Your kind words were balm for my weary soul. Thank you!
- I appreciate your compassion and that you really listened to me.
- Your smile brightened my day!
- Your kindness was the warmest welcome. Thank you!

Visit chronic-joy.org for more resources.



16-DAY CHALLENGE

APPRECIATION & GRATITUDE MINI-LIST

For the next 16 days, challenge yourself to thank someone for their kindness, compassion, courtesy, generosity, or selflessness. Write your note on a card, send a text or email, or say it in person. Choose a box below and write the date, the person's name or occupation, and how you shared your appreciation.

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