The workplace appreciation challenge
How many acts of gratitude can you check off by the end of the year?

1. Make a list of 5 or more things you appreciate about the work you do
2. Give a public shoutout to a peer you want to acknowledge
3. Listen to the 10-minute Showing Gratitude meditation in the Headspace app
4. Write a short note of appreciation to a colleague (handwritten or digital)
5. Surprise a teammate with a hot cup of tea or coffee
6. Send a note to someone who supported you in your career (boss, mentor, professor, etc.)
7. Leave a thoughtful LinkedIn review for a colleague you enjoy working with
8. Take the Appreciation Course in the Headspace app (use search to find it)
9. Leave a positive review for a company you’ve worked for (past or present) on Glassdoor
10. Go on a mindful walk.
11. Surprise someone with flowers or a plant (in person or delivery)
12. Write down 3 or more things you’re grateful for from the last year
13. Spruce up your personal workspace to make it a space you’re grateful to work at

Headspace helps increase gratitude and happiness through guided meditations, workouts, sleepcasts, mindfulness exercises, focus music, and more.

Visit headspace.com/demo to get your free demo today.