



Increase positivity and gratitude within your team.
This is a simple activity that packs a punch when it comes to
increased workplace positivity when played repeatedly over time.

The Gratitude Game for teams

How to play:

1. Roll the dice to determine the row number.
2. Roll the dice again to determine the column number.
3. Share what the words in the block make you think of and why you are grateful for this.

I am grateful for...

	1	2	3	4	5	6
1	A work event that is happening this week	Something that I enjoy about my commute to/from work	A compliment or praise that I received recently	Something that is a part of our company culture	Something that makes our company unique	A strength or skill that helps me do my job
2	One of my favourite outfits to wear to work	A piece of technology that makes my job easier	A mistake I made at work that I learned from	Someone who I work well with	Someone I appreciate at work	A cherished memory from the office
3	A recent meal I enjoyed at the office	My most productive hours of the day	Something I look forward to after work	A way that my company respects work/life balance	An impact that my company is trying to make	Something we can look forward to in the future
4	Something I can do today that I could not do 5 years ago	A work freedom that I am grateful for	Something our office has that others don't have	A song that I listen to when I need to get things done	Something I usually take for granted	Someone who makes my job a lot easier by doing their job
5	Something that I am needed for at work	Something I am able to do because I have this job	One of my biggest accomplishments	An office perk that comes with working at the company	Something that I appreciate about my line manager	A daily routine that I love
6	Something in my office space	A moment where I felt proud of myself	An opportunity that is allowing me to grow or improve	Something that made me laugh/smile at work	Something I recently learned at the office	Something about my most recent time-off