



GRATEGY[®]
HARNESSING THE POWER OF GRATITUDE IN BUSINESS AND IN LIFE

101 Awesome Ways to Say “Thank You!”



1. Smile!
2. Say thank you early and often.
3. Greet your loved at the door with a single red rose.
4. When you say their name, say it with love and respect.
5. Bring them a cold drink in the summer or a hot beverage in the winter.
6. Practice a little "Mindreading 101" and try to anticipate their needs.
7. Enjoy a regular "Date Night".
8. When you say "Thank You" - mean it.
9. Look around for different ways you can help your partner out.
10. Send a card of small gift to them through the mail.
11. Treat your spouse the way he or she wants to be treated.
12. Give sincere compliments when they look nice.
13. Supplement with chocolate kisses and real ones.
14. Write them a letter of appreciation.
15. Create a list of everything in your life that you are grateful for about your loved ones.
16. Meet your spouse at the door with a long, lingering hug.



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17. When your significant other wants to talk, give him or her your full attention.
18. Count to ten before expressing anger or unhappiness.
19. Be thoughtful in your gift selection - make it meaningful.
20. Order fortune cookies with fun sayings and keep them in a cookie jar to acknowledge each other.
21. Give your loved one a hand-written thank you letter.
22. Send a funny card to make them laugh.
23. Attend an event that the other person likes to attend - and enjoy yourself.
24. Forgive them.
25. Show up on time.
26. Pay attention to what's going on in their life.
27. Be present.
28. Make an effort.
29. Slow down and look for ways to make your relationship stronger.
30. Write a public thank you in the newspaper.
31. Bring home your partner's favorite food on random occasions for no particular reason.
32. Look for ways to be a ray of sunshine in that person's day.
33. Sincerely ask how your loved one's day was - and listen to the answer.
34. Acknowledge what he or she does to keep your relationship healthy.
35. Show appreciation immediately by thanking him/her either verbally or with a hug.



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36. Put together a photo album of your special times together.
37. Have a professional portrait taken with them.
38. Encourage them to try something new that they've said they've always wanted to do.
39. Let them know what talents, skills, and strengths you admire about them.
40. Let them know why you think the world is better off because of them.
41. Have a dialogue instead of two monologues.
42. Consider their point of view, even if it's dramatically different than yours.
43. Express your admiration to their commitment to their beliefs, whether you have the same beliefs or not.
44. "Agree to disagree" instead of telling them that they're wrong.
45. Treat their dreams and goals with positive support and helpful intentions.
46. Thank them for inspiring you to get out of your comfort zone and grow.
47. Dedicate a blog post to them.
48. Exhibit patience, compassion, and courage to help support them through a difficult period.
49. Introduce them to people who may be able to help them move forward.
50. Be calm and kind when they are taking their bad mood out on you.
51. When they need a smile, give them one of yours.
52. Acknowledge the things that they do particularly well.
53. Be kind.
54. Unclutter your space so you have more time to concentrate on each other.
55. Offer to lighten their load in some way.



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56. Give your partners a surprise day off from having to take out the trash or do other household chores.
57. Wash your mate's car.
58. Make your significant other “Queen/King for the Day” and serve them breakfast in bed or a candlelit dinner.
59. Keep an “Appreciation Box” in your kitchen where you can leave each other positive notes.
60. Create a "Coupon Book" and let your spouse select a special treat of their choice.
61. Leave a love note on the front seat of the car so your significant other finds it in the morning.
62. Send flowers to your mate's place of employment for no reason at all.
63. Take out an ad in the local paper celebrating your love for your special person.
64. Write a love poem and read it to your spouse.
65. Pack a picnic lunch and enjoy a day at the park together.
66. Do random acts of kindness.
67. Ask for ways that you can support your significant person and make his or her less stressful. Then do it.
68. Let him or her know that you believe they are amazing with the kids.
69. Take him/her out for ice cream or a special treat of their choice.
70. Go for a massage together.
71. Go the extra mile.
72. Be patient.
73. Pay attention to details.
74. Be flexible.
75. Do something little but thoughtful for them.



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76. Give something that means a lot to you and let them know why you want them to have it.
77. Bring them a snack.
78. Give your significant other a massage.
79. Give them a sincere compliment.
80. Write down 3-5 things that you appreciate about your significant other.
81. Brag about your mate's positive traits to others instead of commiserating about his or her faults.
82. If they raise their voice, lower yours.
83. Listen attentively and don't offer advice unless they ask.
84. Keep in mind that little things can make a big difference!
85. Make a list of ways they have impressed you lately.
86. Take time to enjoy the other's passion.
87. Let them know the good things they've done for the world.
88. Write them a love letter.
89. Give them an afternoon all to themselves. Make it all about them.
90. Share in the beauty that is all around you.
91. Be open and honest, yet kind.
92. With your significant other, create a mission statement for you as a couple.
93. Create a vision board in which you can both see where you want the relationship to go.
94. Start each day with "Three Good Things" that you like about each other.
95. Make sure the last words you say at the end of each conversation, day or visit is "I love you." After all your last words may one day be your last words.



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96. Share good news with your partner each day.
97. Find out each other's "Love Language" and pay special attention to speaking in their own language.
98. No matter what your spiritual beliefs are, find a way to connect on a deeper level with your loved one.
99. Disconnect the phone, TV, computer for a day and enjoy each other's company.
100. Take a dance lesson together.
101. Make something together - whether it be a meal, art piece, or creative project.

BONUS TIPS:

102. *Pay attention to details.*
103. *Think your thoughts positive while with them. Your energy, positive or negative, comes across.*
104. *Trust them. Don't make them jump through hoops to prove a point.*
105. *Above all else, have fun. Smile often and laugh much. If what you're doing is no longer fun, you may want to consider doing something else.*

***Life is short—
eat dessert first!***



“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.”

Sarah Ban Breathnach



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