

# Gratitude at Work Bingo

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Buy a coworker coffee	Send a handwritten thank you note	Send three emails or messages to coworkers who have gone above and beyond	Block off time everyday to start your workday with gratitude	Start a meeting with gratitude
Do a gratitude meditation	Start a gratitude journal for work	Volunteer with coworkers	Take a work break outside and appreciate nature	Try a day of no complaints
Make a list of things you're grateful for at work	Offer to help a new team member	 FREE	Think about a part of your job that you love	Play with your pet during a break (watching cute animal videos counts too!)
Take a deep breath before each meeting today	Pass on a movie or book recommendation to a coworker	Savor your delicious lunch	Think about a work accomplishment that you're proud of	Write one word to describe something you're grateful for today
Think about a skill you're grateful to possess	Enjoy your favorite morning beverage	Get up and stretch for five minutes	Make a gratitude jar for your work desk	Propose a gratitude challenge to your team

Continue the gratitude challenge with Bonusly, a fun and easy-to-use recognition and rewards platform. Visit [bonus.ly](https://bonus.ly) to learn more.