



S I M P L E S T E P S T O SUPERCHARGE YOUR

Thank yous

GRATITUDE enhances our well-being, strengthens our relationships, and has even been shown to improve health! ([Reference](#))

While the simple words *"thank you"* are always nice, taking a bit more time to express appreciation *with specifics* can powerfully impact the recipient.

To give us a little help formulating meaningful *"thank yous"*, we consulted DR. EMILIANA SIMON-THOMAS, the Director of Science at [U.C. Berkeley's Greater Good Science Center](#).

She shared a simple formula for a **GREAT** *"thank you"*:

- 1 Describe what the person did
- 2 Acknowledge the effort it took to do it
- 3 Explain how it benefited you

EXAMPLE

BEFORE: "Thank you for giving me a ride."

SUPERCHARGED Thank You: *"Thank you for giving me a ride!"* You left work earlier, drove out of your way, and took extra time out of your day to pick me up. You allowed me to get to the meeting I would otherwise have missed."

DR. EMILIANA says this change may sound almost *too* simple, but it goes a long way!

COMMIT this helpful formula to **MEMORY** or **PRINT** out the reminder below. Then use it as a guide whenever you want to supercharge your *"thank yous"*. Experience how this one easy change increases your positive impact!



PRACTICE
gratitude

SUPERCHARGE

HOW TO

YOUR
thank yous

- 1 Describe what the person did
- 2 Acknowledge the effort it took to do it
- 3 Explain how it benefited you

