



# Kentucky Psychological Foundation

## NONPROFIT WELLNESS INITIATIVE

*Resources created by students of Bellarmine University's  
Organizational Behavior & Leadership Course*

### Examples of Notes of Gratitude

#### Consistency, Dependability, and Steadiness

- "You've shown, time and again, that we can count on you to \_\_\_\_\_. That kind of trust is rare, and I'm deeply grateful for it."
- "Your steady commitment to \_\_\_\_\_ has built a foundation we all rely on. Thank you for being the kind of person who \_\_\_\_\_ even when no one's watching."
- "I just wanted to take a moment to thank you for always being someone we can rely on. Whether it's getting your reports in early or making sure no details are missed, your consistency brings a calm strength to our work. It doesn't go unnoticed — it makes a huge difference, even when it's not always said out loud."
- "You consistently \_\_\_\_\_, and it makes a big difference when things get busy or stressful."
- "Because you \_\_\_\_\_, everything runs smoother, stronger, and more thoughtfully. Your contributions might be quiet, but their impact echoes loudly."

#### Kindness, Emotional Support, and Relational Care

- "You always seem to notice when someone needs encouragement or a nudge forward. When you \_\_\_\_\_, that kindness mattered deeply."
- "Your kindness and patience have made such a difference. When things get hectic, you always stay centered and bring out the best in everyone around you. Thank you for making our workspace feel like a family, not just a group of people. Your presence truly matters."
- "Your ability to \_\_\_\_\_ makes this space feel more \_\_\_\_\_. Thank you for bringing that energy to our team."
- "In the midst of \_\_\_\_\_, you held space for others with grace and steadiness. That emotional generosity helped us all."

## Initiative, Innovation, and Creative Leadership

- "I'm so grateful for the way you stepped up with fresh ideas during the last project. Your suggestion to rethink our event flow helped us create a better experience for everyone involved. Thank you for bringing innovation and energy — you helped move us forward when we needed it most."
- "Your ability to step into the unknown with courage, especially when you \_\_\_\_\_, sparked a new path for us. That mattered."
- "By sharing your knowledge when you \_\_\_\_\_, you reminded others that leadership can look like generosity."

## Mission Alignment and Values-Based Action

- "You don't just represent our mission; you animate it every time you \_\_\_\_\_. Thank you for giving your heart so fully to what matters."
- "Watching you \_\_\_\_\_ has been a constant reminder that our work here is more than goals — it's about real lives, real change."
- "Your work with \_\_\_\_\_ wasn't just a task — it was a living example of our mission in action. Thank you for embodying what we stand for."
- "You reminded us what this work is truly about when you \_\_\_\_\_. Thank you for keeping the mission clear and centered."
- "You bring the mission to life every day, not just in words but in your actions. Watching how you treat each client with respect and dignity reminds me why our work matters. Thank you for living the values of our organization in such a powerful, authentic way. You inspire me and so many others."

## Visibility and Unseen Contributions

- "You may not always hear it, but your [specific quality or action] really helped [team, project, person]. Thank you for showing up the way you do."
- "I really appreciate how you always \_\_\_\_\_. It helps the team feel \_\_\_\_\_, and I want you to know it doesn't go unnoticed."
- "Your leadership might not always be loud — but it's unforgettable."
- "Your presence here is part of the good we're building."
- "Thank you for showing up, for staying true, and for being someone we can believe in."

## Growth, Openness, and Resilience

- "Thank you for being open to feedback, for evolving in real time, and for showing us that growth is a collective act."
- "You brought clarity and compassion into a difficult moment when you \_\_\_\_\_. That made all the difference."

- “Your courage to try something new with \_\_\_\_\_ reminded me that growth often starts with discomfort. Thanks for modeling that for all of us.”