

Thresholds

Give Thanks | 1 hour 15 minutes

Turn gratefulness into thankfulness.

Let's say thanks. During this hour you'll have a chance to pick up the phone, write a text, write an email, etc. to say "thank you" to someone. Could be an author, family member, friend, business owner, teacher, etc.

Why? Practice saying "thank you" to brighten someone's day.

Let's put our gratitude into words and share them with someone who's had a positive impact on us. Could be something small and recent, or something big that happened years ago. The hope is that if we practice today, a bit more tomorrow, and so on we'll be masters of thankfulness in no time!

Research shows that when we express specific gratitude by acknowledging what someone did, the effort behind their actions, and how it meaningfully impacted us— we create powerful upward spirals of connection and trust.

What? Reflect, share, connect.

5min - Introduction.

10min - As a warm up we'll write a group thank you email to _____.

15min - Work on our own thank you letters.

(While everyone is working on their letters I'll send out our communal email.)

10min - Check in with a partner.

15min - Continue or start another.

20min - Group sharing to close out.

Porch time! A chance to connect with other participants on your way out the door.

MARKETING NOTES:

REFERENCE LINKS:

<https://www.moreneighborly.com/>

<https://www.notion.so/memberstack/Gathering-Planning-Guide-2202eb1fde5f80139b80e03cd80c2505>