

Safe. Personalized. Present. **Compassionate.**

In honor of Patient Experience Month in April, you are invited to express gratitude throughout the year. Keep a list of how you are expressing gratitude in 2021.

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Congratulations! Keep on going in 2021.

21 Expressions of GRATITUDE IN 2021

Ways to express gratitude:

- Celebrate an achievement
- Perform random acts of kindness
 - Write a thank you note
- Reflect on your own accomplishments
 - Speak positively about others
 - Start and end on time
- Be fully present and actively listen
 - Make a personal connection
 - Decorate the environment
- Do something out of the ordinary
 - Submit a Caught You Caring
- Give a token of appreciation
 - Give an "air" high-five
 - Encourage self-care
 - Let others go first
- Celebrate milestones
 - Offer help
 - Say 'Thank You'
 - Be patient
 - Smile

#GRATITUDE2021

#TEXASCHILDRENSPEOPLE