

HOW TO CREATE A

GRATITUDE GARDEN

What you need:

- A Gratitude Garden Kit by Gratitude Blooming
- Two Gratitude Blooming Decks
- Wall space for a Garden Banner
- Sticky notes

Step 1: Plant

- Gather supplies and find a common area with high traffic to display a Gratitude Blooming poster.
- Use the 11 x 17 "invite" to post next to it as an explainer.
- Have the sticky notes easily accessible for people to start writing messages.

Step 2: Fertilize

- Dedicate time for people to take a look at the messages in the garden and share what insights are emerging.
- Use your gratitude card deck as an icebreaker by having each person pull a card at random or choose a card that expresses a feeling or response to a question.
- Invite people to connect when the random moment strikes, too!

Step 3: Pollinate

- Give each person a postcard to place in their personal space for inspiration. You can also choose to give your postcard with a message to someone as an expression of gratitude. Or plant your message in a new spot for others to discover

