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Four Ways to Express Gratitude

What is your favorite way to express or receive gratitude?

My friend, Mark Sieverkropp, has four great ways to express gratitude, which at first glance might seem obvious, but unfortunately are rarely practiced.

Mark is a blogger and student of business, leadership and self-improvement. He has a passion for encouraging, empowering and connecting leaders and entrepreneurs to enhance their impact and expand their influence. He writes an often thought-provoking and always entertaining blog about those topics, so [check it out here](#).

Here is what Mark has to say about expressing gratitude:

Let me start by saying, Matt's [Thank You Revolution](#) has changed my life.

Now, I don't want Matt's head to get too big, but let me just say that becoming part of this movement has completely changed how I look at each day. Rather than looking for what I can get, or what I need to accomplish, I find myself looking for who I can thank, and who has helped or served me. That is a powerful paradigm shift!

I had a conversation with a coworker the other day and she said that she thought telling someone in person you appreciate them is most effective. I tend to think that writing a letter is more heartfelt.

The great news is that there are several ways to say "Thank You" and each has a place.

Here are four ways to express gratitude:

1. **Face to Face.** Telling someone Thank You to their face is a great way to express gratitude. Not only do your words say thank you, your body language will convey your sincerity as well (You may even get a hug, high-five, or back slap from it, depending on the person).
2. **Service.** By serving someone you say thank you. When I do the dishes, or fold the laundry, or wake up with my infant son in the middle of the night, I'm telling my wife that I love her, and I'm grateful for her. I'm serving her, and in a way, I'm thanking her.
3. **Gifts.** I'm not talking about big expensive gifts (but if you want to send me a nice watch, message me, I can get you my address!). Gifts in general show gratitude. Something as simple as grabbing a soda for a coworker that has helped you out that week goes a long ways. Giving a gift—no matter how small or large—says "I was thinking about you" and

when coupled with a "Thank You" it says "What you did means a great deal to me, thank you."

4. **Handwritten Notes.** This is, of course, the one that Matt is focusing on in his Revolution. And I have found it to be an especially effective and heartfelt way to express gratitude. I think this is because *no one does it anymore!!* Handwritten notes say "I appreciate you, and I took the time to actually *find and use* pen and paper to say so."

There is a time and place for each kind. The bottom line is that you express it.

As you express gratitude to those in your life you will find a joy you get from no other source. ***You will be happier*** and have more friends (people like being friends with those who appreciate them). You will naturally look for ways to serve others and you will experience the joy of feeling others gratitude for you.

How do you express gratitude?