

Remember To Say Thank You

<http://ririanproject.com/2006/11/01/remember-to-say-thank-you/>

“If the only prayer you ever say in your entire life is ‘thank you’, it will be enough.”

- Meister Eckhart

Merci. Grasse. Danke. Arigato. Gracias. Shukran.

No matter how you put it, it's time to *say thanks*. You might remember when your Mom made you write thank you letters for all the holiday and birthday gifts you received. Well, Mom was right! Everyone appreciates being thanked.

Why do we say “Thank You”? Does it really matter?

How many times have you done things for people and they seem to go unappreciated? Have you ever helped someone, donated your time to something or given your services to someone and you never even heard one single peep out of them after everything was done? How did that make you feel and does **thank you** really matter? Is a verbal **thank you** enough or should you go a little further to let people know how much you really appreciate them?

**SAY THANK
YOU**

Thank you is the most important part of any interpersonal relationship. It is the reason we do things. Not for money or glory. But, for the opportunity to have someone say **thank you** to us.

But it seems like even adults need a reminder to say thank you these days, so here is your reminder, and a few little tips:

1. When you say “Thank you” tell the person specifically what it is you appreciate and why you appreciate it. “Thank you for going to the Post Office for me. It saved me a lot of time.”
2. Send an e-mail note or an online greeting. One of the simplest way to extend praise is with two simple words - Thank You.
3. Send [a hand-written thank you note](#). These are noteworthy because so few of us take time to write and mail them. And again, be sure you include a specific reason for it. Being specific shows that we were paying attention, that we noticed the contribution of others.

4. Place an unexpected phone call just to say “Thank you.” Connecting verbally adds warmth to your appreciation even if you reach voice mail. Also when thanking someone, use his or her name. We notice when someone uses our name, and it makes us feel important.
5. Present a small certificate. Half-page certificates take up less space if displayed and are as meaningful as full sized certificates. They tend to draw attention because they are different.
6. Give a single flower from your garden, flowerpot, or florist, with a verbal “Thank you” or a note.
7. Put a candy bar or piece of fruit on the desk of the person to be thanked, with or without a note.
8. Although a Thank You is appreciated at any time, we should always try to give it sooner rather than later. We shouldn’t assume that people realized that we are grateful. We need to tell them.

Is it time for you to thank someone?

Dont take it for granted that they know how you feel. **Why don’t you take a moment and do so.**