

# Thankful Moments

As we go about our days, there are many occasions to thank someone. A little gratitude and encouragement can bring a little joy to someone's day.

Saying thank you verbally can be done in a moment. Sometimes, you may want to take extra time to write a message in a thank-you card, email, or text.

Here is a list of just some of the situations in which you may want to express your gratitude with a thank you. You can say thank you for almost anything. I encourage you to be aware and notice people.

## 25 Occasions to Say Thank You

1. Anytime you go through the line at the store. The cashier would probably appreciate a few kind words. They likely deal with many unhappy people throughout their workday.
2. After your boss gives you a raise.
3. When a friend helps you in some way.
4. When a neighbor does something nice for you, such as bringing you cookies, bringing in your mail while you are away, or surprising you by mowing your lawn.
5. After your spouse or partner gives you flowers.
6. For any happy birthday wishes received on social media, text messages, or in cards.
7. Anytime someone gives you a gift (birthday, anniversary, Christmas, graduation, Mother's Day, new baby, wedding, etc.)
8. Thank your personal trainer after you start seeing results.
9. When you're going on vacation, thank the pet sitter before and after your trip.
10. Thank the groomer after they do an excellent job grooming your dog, cat, or other pet.
11. When your coworker helps you out.
12. To those who checked that visited you or brought you food after surgery.
13. Anytime someone checks on you when you are sick or going through a difficult time.
14. After a friend or boss takes you to breakfast, lunch, or dinner.
15. When someone invites you to their party.
16. To thank those who came over for a visit.
17. Thank those who gave you flowers (birthday, Valentine's Day, sympathy, etc.)
18. The librarian who helps you find books.
19. Anytime someone prays for you or your family.
20. Following big events, thank those who helped

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21. When someone gives you support or encouragement.
22. When someone lets you borrow something, say thank you when borrowing the item and also when returning it.
23. After a job interview, thank the interviewers and those who coordinated the interview, such as a recruiter or human resources person.
24. At work, when someone mentors you or provides training.
25. At the end of the year, when sending happy holiday messages or wishing people a happy new year.

## Holidays and National Days

Holidays and National Days (even if they are made up) are great times to show extra appreciation. Here is a list of days with opportunities to thank others.

### **January**

January 2 - National Personal Trainer Awareness Day - A wonderful day to thank a personal trainer.

January 23 - National Pie Day - Thank anyone who made a pie and shared it with you!

### **February**

February 4 - Thank a Mail Carrier Day

February 7 - National Send a Card to a Friend Day

February 14 - Valentine's Day

### **March**

First Friday of March - National Employee Appreciation Day

March 6 - National Dentist Day

March 30 - National Doctor's Day

### **April**

April 11 - National Pet Day

Third Saturday of April - National Husband Day

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The Wednesday of the last full week in April - National Administrative Professionals Day

Last Saturday of April - World Veterinary Day

## **May**

First Full Week of May - National Teacher Appreciation Week

May 6 - National Nurses Day

Second Sunday of May - Mother's Day

## **June**

First Friday of June - National Donut Day

June 9 - National Best Friends Day

Third Sunday of June - Father's Day

## **July**

July 1 - National Postal Workers Day

Fourth Sunday of July - National Parent's Day

## **August**

First Sunday of August - National Friendship Day

## **September**

Third Sunday of September - National Wife Appreciation Day

September 21 - World Gratitude Day

September 28 - National Neighbor Day

## **October**

Pastor Appreciation Month

Second Sunday of October - Pastor Appreciation Day

October 12 - Thank a Farmer Day

Third Sunday of October - Sweetest Day

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Fourth Sunday of October - Mother-in-Law Day

## **November**

November 1 - National Author's Day

November 11 - Veterans Day

November 13 - National Kindness Day

Fourth Thursday of November - American Thanksgiving Day

November 26 - National Cake Day

## **December**

December 4 - National Cookie Day

December 25 - Christmas

## **Recommend Resources**

**Example List:** Example thank-you messages are available on the [Tons of Thanks website](#) for most of the people, occasions, holidays, and national days listed above.

You may also want to read:

[9 Tips to Write Better Thank You Notes](#)

**Grammarly:** A grammar checker to help you write emails (and other writing) free from embarrassing errors. The tool can help identify misspelled words, words spelled correctly but are the wrong word, comma placement, and grammar problems.

They offer a free version. I use the paid version, which has more features.

**Minted:** Cards, Art, Invitations, and more by independent artists. I have purchased thank-you cards through Minted and loved them. You can read my review [here](#).

**Redbubble:** Print-on-demand shirts, mugs, unique cards, stickers, and more by independent artists. You can choose how many greeting cards you want to order. So, you can just get one if you don't want to be stuck with more cards than you need.

The links above are affiliate links. If you use a link and then make a purchase, Tons of Thanks (Heidi Bender) will receive a commission.