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# Work Gratitude

Llewellyn Ellardus van Zyl<sup>1</sup>

<sup>1</sup> North-West University

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Work-Related Gratitude or Work Gratitude is defined as the intentional choice to engage in positive appraisals and feelings of thankfulness and appreciation toward the characteristics, situations, and people currently present in one's work context.

From this perspective, work gratitude is operationalized and measured as a function of (a) *grateful appraisals of work* (i.e., positive, cognitive appraisals of work characteristics and situations), (b) *gratitude toward others at work* (i.e., social appreciation toward the contributions of others at one's work), and (c) *an intentional attitude of gratitude* (i.e., purposefully enumerating, enjoying, and being mindful of positive aspects of one's work).

Youssef-Morgan, C. M., van Zyl, L. E., & Ahrens, B. L. (2022). The work gratitude scale: development and evaluation of a multidimensional measure. *Frontiers in psychology*, *12*, 795328.