

World Gratitude Day is a global celebration of being valued, spreading kindness, and being thankful for anyone and even anything. And it is through this feel-good holiday that celebrates gratitude in all forms that the two simple words known as thank you actually weigh a lot of quality to society.

World Gratitude Day Definition and Meaning

World Gratitude Day is an annual event that prompts the entire society to express gratitude and appreciation, especially when there are so many reasons to be grateful around us.

World Gratitude Day reminds us that basic acts of kindness such as expressing thankfulness are powerful enough to bring the world together and promote peace.

When Is World Gratitude Day?

World Gratitude is observed every September 21. As people get busy dealing with work, relationships, money, and even health, World Gratitude Day is the perfect date to be reminded of who and what we should be grateful for—a moment to make recognition and acknowledgments.

World Gratitude Day History

The worldwide tradition of expressing gratitude on World Gratitude Day can be looked back to 1965. A spiritual leader or meditation expert named Sri Chinmoy initiated the idea of a holiday for saying thanks globally during a [Thanksgiving Day](#) dinner. The rest was history once various countries followed the tradition on September 21, 1966 (also the very first World Gratitude Day), and Chinmoy is honored every year for his contribution since 1977.

World Gratitude Day Purpose, Importance

Why should you celebrate World Gratitude Day, you might ask? The holiday is not just a last-minute decision especially since it existed for many years already, and its purpose and importance can help you digest this food for thought.

Positive Effects of Gratitude

According to psychology, expressing gratitude leads to better happiness and optimistic emotions. Participating in World Gratitude Day by saying thanks to people you value a lot is good for everyone's health. And it is a nice opportunity to alleviate depression, improve your relationship with anyone, recall the good memories you had with people, and even share the positive feelings you have with others.

In Remembrance of Sri Chinmoy

Let's not forget the Indian spiritual leader or meditation professional, the late Sri Chinmoy, who coined World Gratitude Day. Not only do his followers remember him but also everyone who celebrates World Gratitude Day because this holiday may have not happened without his idea. Even though he died in 2007, he is still an icon that the World Gratitude Day is also considered his memorial.

A Reminder to Be Human

Expressing thanks, rekindling good memories with someone, and sharing positive emotions are known acts of kindness but are seldomly expressed. Remember that expressing your gratitude during the holiday should be natural as it is part of being human. Improve your emotional and social relationship with gratitude and you will eventually find it comforting or normal enough that saying thanks should be all the time and not just for the holiday.

What's on World Gratitude Day?

Lots of activities are lined up for World Gratitude Day such as giving a thank-you card or gift to anyone you want to express gratitude with. Some would opt to organize a gratitude dinner party, write a list of things to be grateful for in a journal, and donate to charity. The best thing about World Gratitude Day is that, just like gratitude, there is no one correct way to express thanks or appreciation as there are many creative ideas on what to do during the event.

How to Create a World Gratitude Day Social Media Post

In case you want to say thanks to someone far away or you just want to greet a World Gratitude Day to a wide audience reach, going online is the key. And these World Gratitude Day social media posts for Facebook, Instagram, and WhatsApp can help you get started.

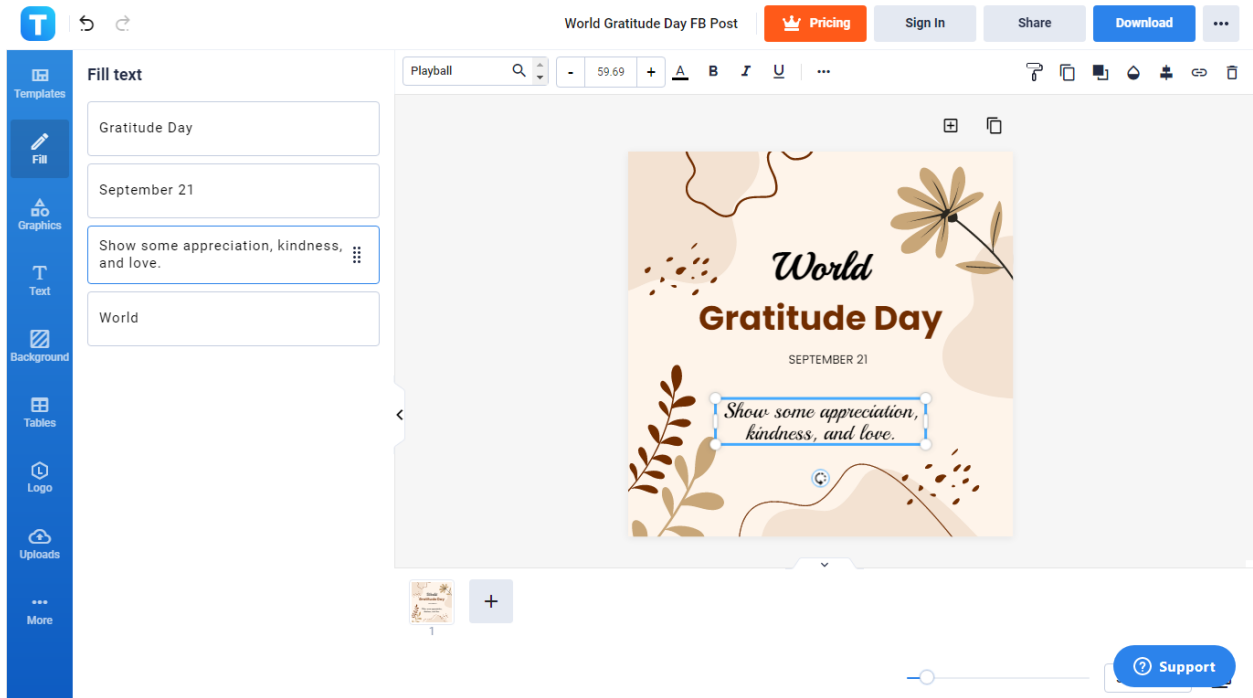
Facebook

1. Customize a [World Gratitude Day Facebook post](#) template.

The screenshot shows the Template.net website interface. At the top, there is a blue navigation bar with the text "Get access to ALL Templates, Designs & Documents. Limited Time Offer" and a "Download Now" button. Below this is a search bar with the placeholder text "Search for Templates..." and a magnifying glass icon. To the right of the search bar are buttons for "Pricing" and "Sign in". A horizontal menu lists various file formats and categories: Trending, MS Word, Google Docs, Apple Pages, PSD, Indesign, PNG, Illustrator (AI), MS Publisher, SVG, Vectors (EPS), PDF, Excel, Google Sheets, Apple Numbers, Power Point, Slides, Keynote, Backgrounds, Outlook, and More. Below the menu, the page title is "World Gratitude Day". A short paragraph describes the collection: "Be Thankful and Show Your Appreciation Every September 21 with Template.net's World Gratitude Day! The Editable Templates in This Collection Help in Showing How Grateful You Are Towards Others. Take Inspiration from the People Around You. Create Cliparts, Logos, Banners, Posters, and Quotes for the National Holiday Conveniently. Download Now!". Below the text are five template thumbnails: 1. "World Gratitude Day Whatsapp Post" featuring a woman and the text "SEPTEMBER 21 HAPPY WORLD GRATITUDE DAY Always be thankful!"; 2. "World Gratitude Day Banner" with pink flowers and the text "WORLD gratitude DAY September 21"; 3. "World Gratitude Day Instagram Post" showing a couple hugging and the text "WORLD GRATITUDE DAY September 21"; 4. "World Gratitude Day FB Post" with a woman's profile and the text "World Gratitude Day SEPTEMBER 21 Show some appreciation."; 5. "World Gratitude Day Website Banner" with a pink background and the text "World Gratitude Day". A blue "Support" button is located at the bottom right of the page.

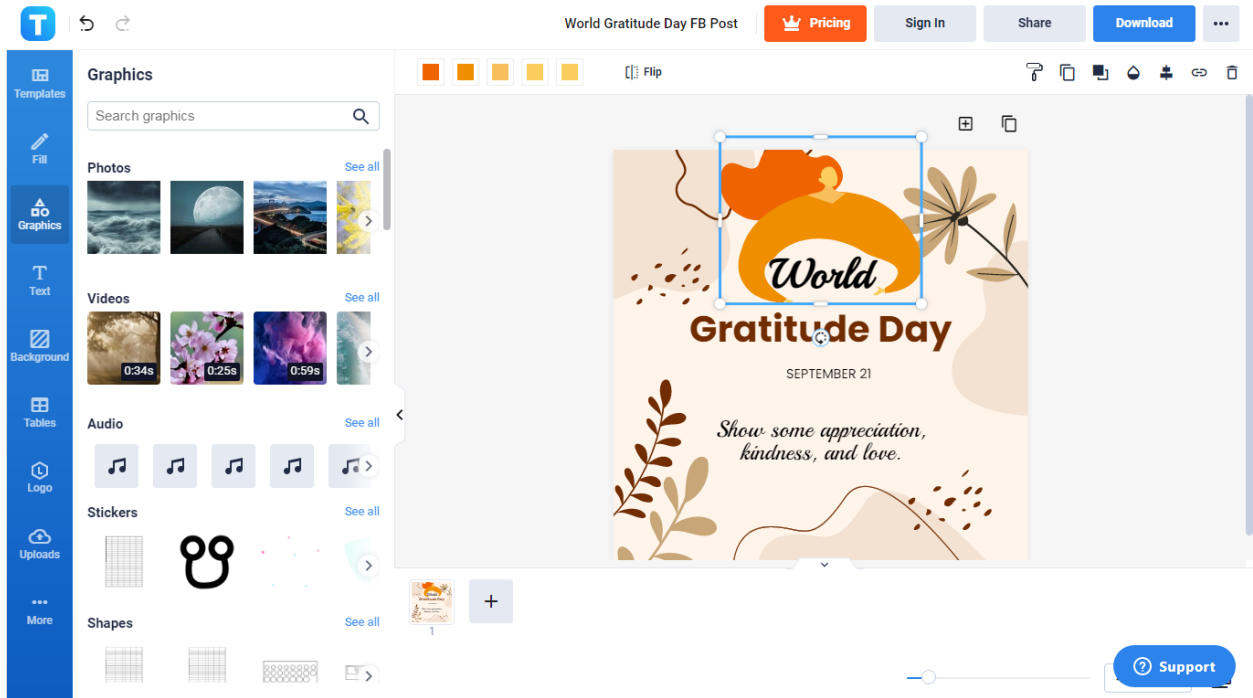
Visit [Template.net](#) and view the collection of editable [World Gratitude Day templates](#). Then, click on the sample template in FB format. Hit "Edit This Template FREE" afterward.

2. Write your message of gratitude.



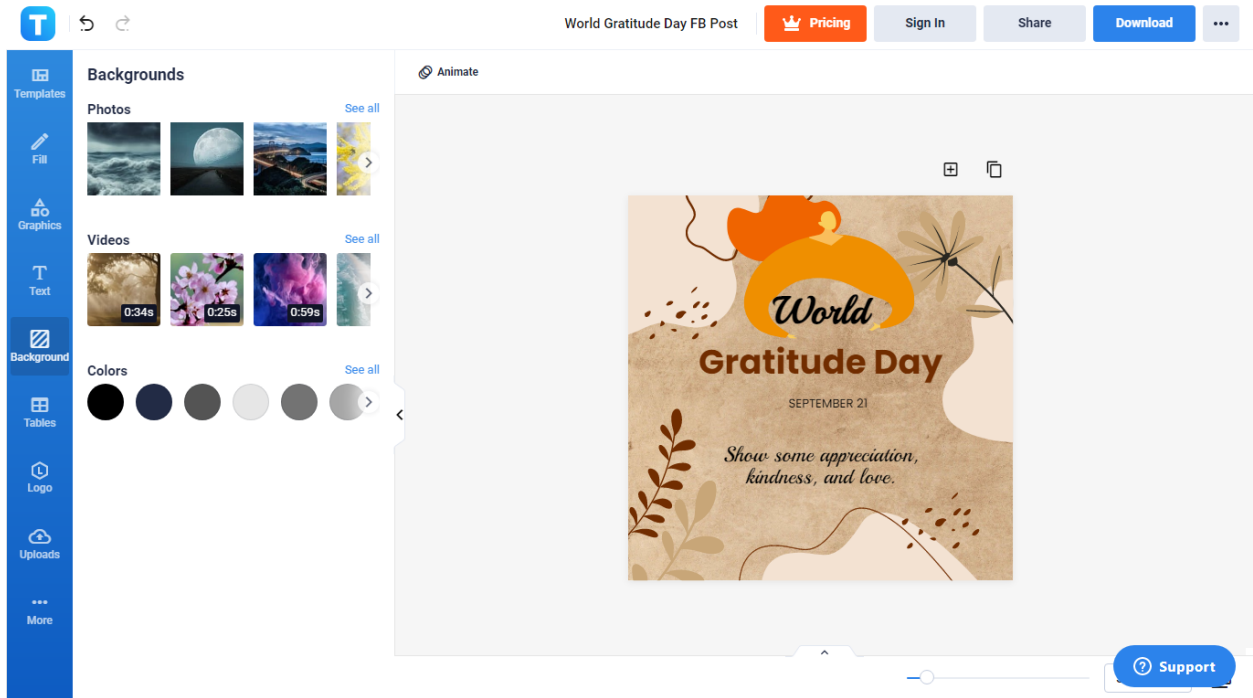
Use the "Fill" tool so you can insert any message into the text boxes available. Each box is where you can type your World Gratitude Day greeting, the date of the holiday, or simply a freedom message board of thanks that you want to be seen. The key is to create straightforward and easy-to-understand messages so you won't confuse your audience.

3. Play with images for inspiration.



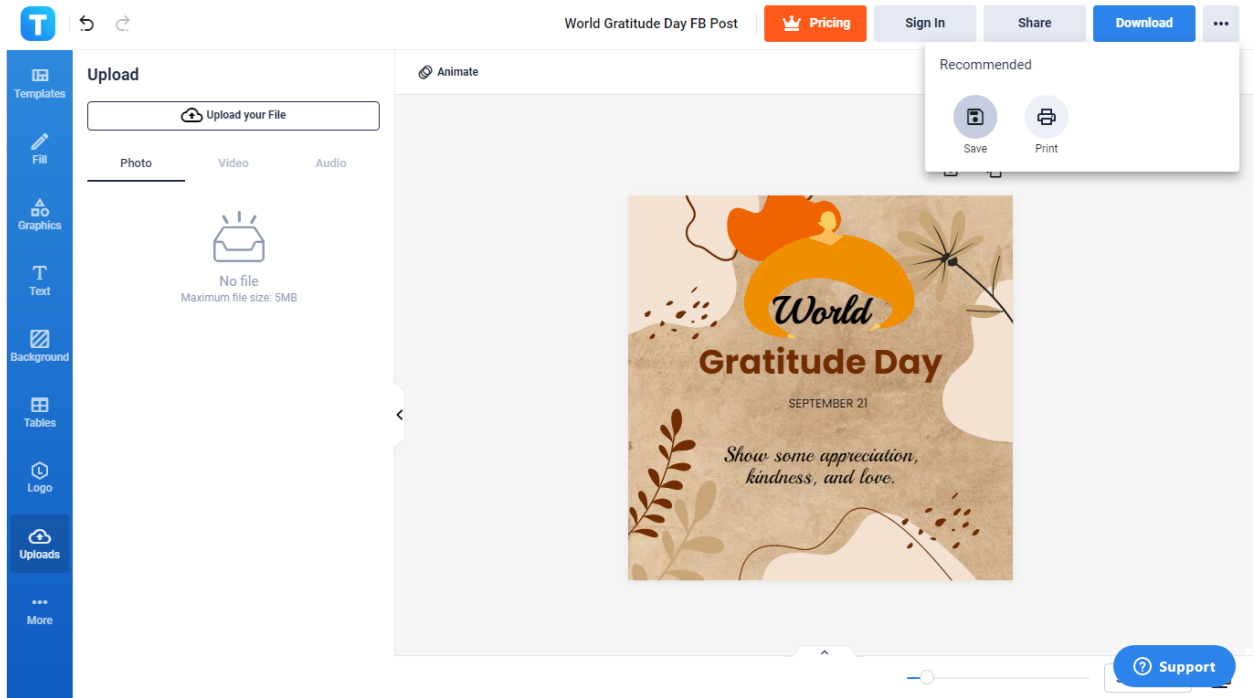
Using the "Graphics" tool, you can please the crowd with pictures related to gratitude or a thankful expression. This part is where you add art to the FB post such as a cartoon of children thanking their teachers, clipart of the World Gratitude Day message, or a creative illustration related to the event. Thanks to these pictures, your whole post doesn't have to look flat such as a text-only post.

4. Put some challenge into the post's background.



There is no need to stick with the general background of the FB post template because you may change that. By clicking "Background" on the left menu, you can adjust the wallpaper color or assign an image as the post's backdrop. Choose a wallpaper with assets that go in line with World Gratitude Day.

5. Preserve everything you worked for.



So that you won't resort to making the same World Gratitude Day Facebook post template out of scratch after editing everything, simply save the template for your reference. Hit the three dots found on top of the Editor tool. Lastly, click "Save" and publish the post on your Facebook account.

Instagram

1. Find a free [World Gratitude Day Instagram post](#) template.

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World Gratitude Day


Be Thankful and Show Your Appreciation Every September 21 with Template.net's World Gratitude Day! The Editable Templates in This Collection Help in Showing How Grateful You Are Towards Others. Take Inspiration from the People Around You. Create Cliparts, Logos, Banners, Posters, and Quotes for the National Holiday Conveniently. Download Now!




World Gratitude Day Whatsapp Post




World Gratitude Day Banner



World Gratitude Day Instagram Post



World Gratitude Day FB Post



World Gratitude Day Website Banner

[Support](#)

Go to [Template.net](https://www.template.net) and check out all the downloadable World Gratitude Day templates. Select the one in Instagram post format. Finally, customize your template in the Editor tool.

2. Type inside the fill text boxes.

World Gratitude Day Instagram Post [Pricing](#) [Sign In](#) [Share](#) [Download](#) [...](#)

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Graphics

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Gratitude Day

September 21

Let's thank one another!

World

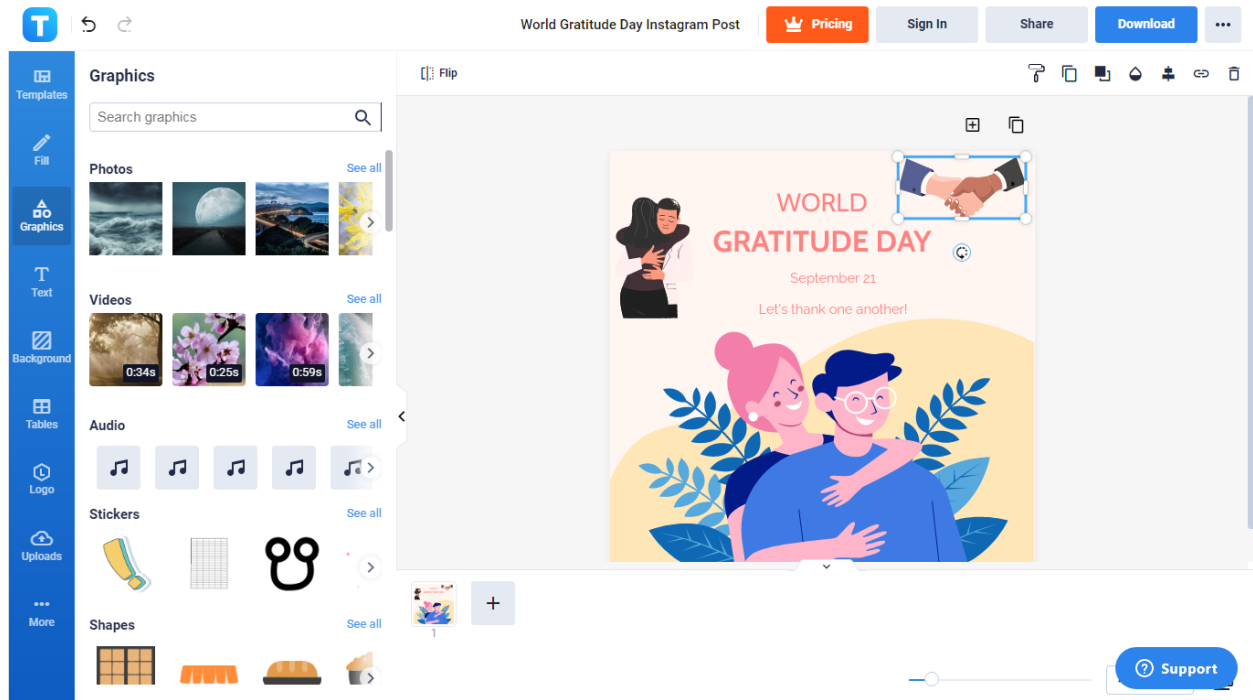
Waylay **A** **B** **I** **U** ...



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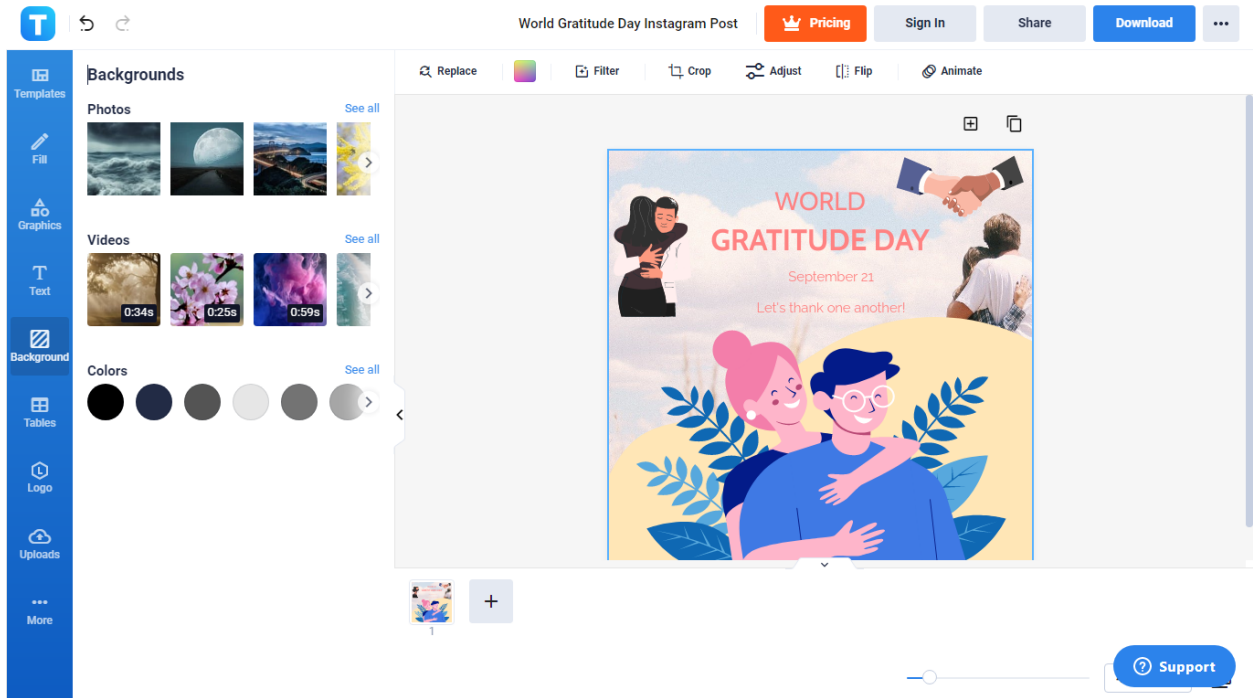
Click "Fill" to insert text. With each box provided, you can focus on writing a memorable World Gratitude Day quote, the agenda of your holiday party (date, venue, contact number, and blog site), or whatever you are planning to share for the upcoming event. Don't forget to adjust the text sizes and positions afterward.

3. Practice adding beautiful graphic elements.



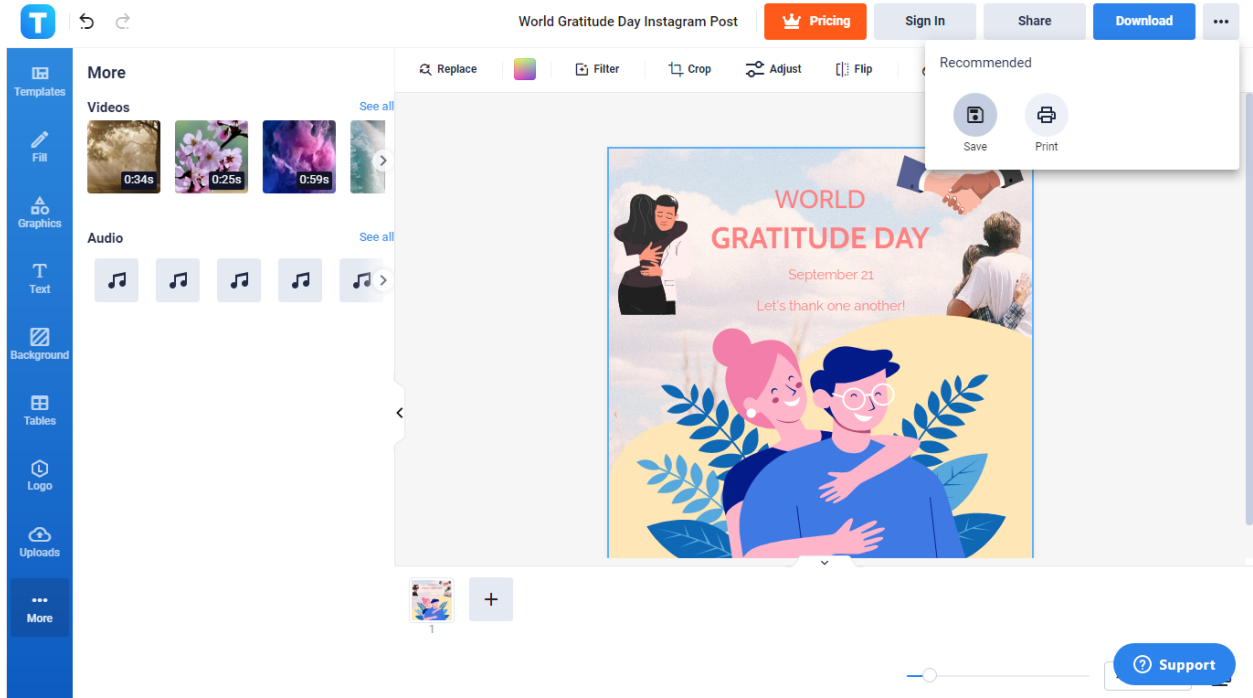
Maximize the Editor tool's "Graphics" button to place pictures into the IG post. There are so many possible images you can insert such as a black-and-white image as the coloring page, a thank-you emoticon, or perhaps a picture of a gratitude cake. And there are so many options of images to select from there.

4. Make a statement through the background.



Tap the "Background" button so you can grab attention from the IG post's background. You may use a photo as wallpaper such as an abstract watercolor background, a salon and spa labs backdrop, or even a painting of gratitude as wallpaper. Just make sure the other images and texts are still visible while altering the background.

5. Save your whole work at the end.



To make sure you are ready to post on IG as World Gratitude Day approaches, save everything. Click "..." on the top right and press "Save." Move to Instagram shortly to upload the post and be sure to use the hashtag #WorldGratitudeDay along the way.

WhatsApp

1. Leverage a premade [World Gratitude Day WhatsApp post](#) template to edit.

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World Gratitude Day


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World Gratitude Day Whatsapp Post




World Gratitude Day Banner



World Gratitude Day Instagram Post



World Gratitude Day FB Post



World Gratitude Day Website Banner

[Support](#)

Template.net houses premade World Gratitude Day templates you can personalize. Pick the World Gratitude Day WhatsApp post template specifically. Then, press "Edit This Template FREE" on the right side of your screen.

2. Input the World Gratitude Day message.

World Gratitude Day Whatsapp Post [Pricing](#) [Sign In](#) [Share](#) [Download](#) [...](#)

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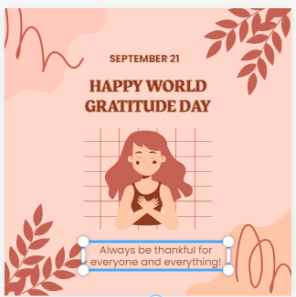
Happy World Gratitude Day

Always be thankful for everyone and everything!

September 21

Poppins 28.58

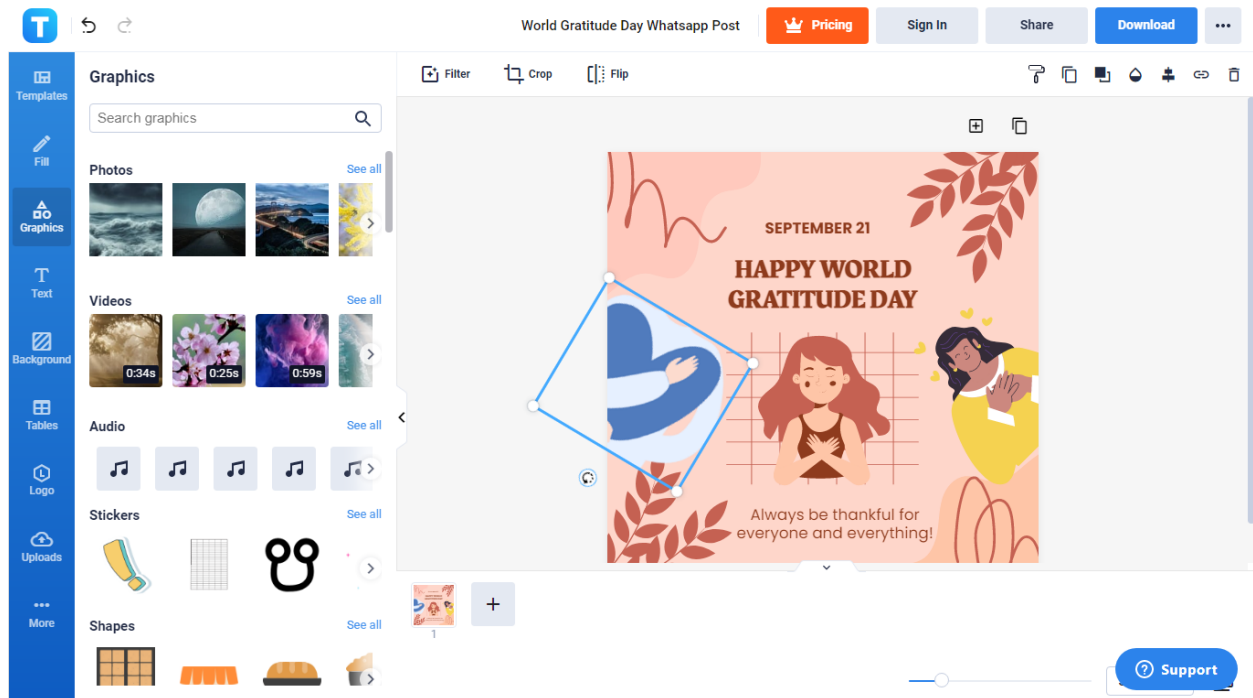
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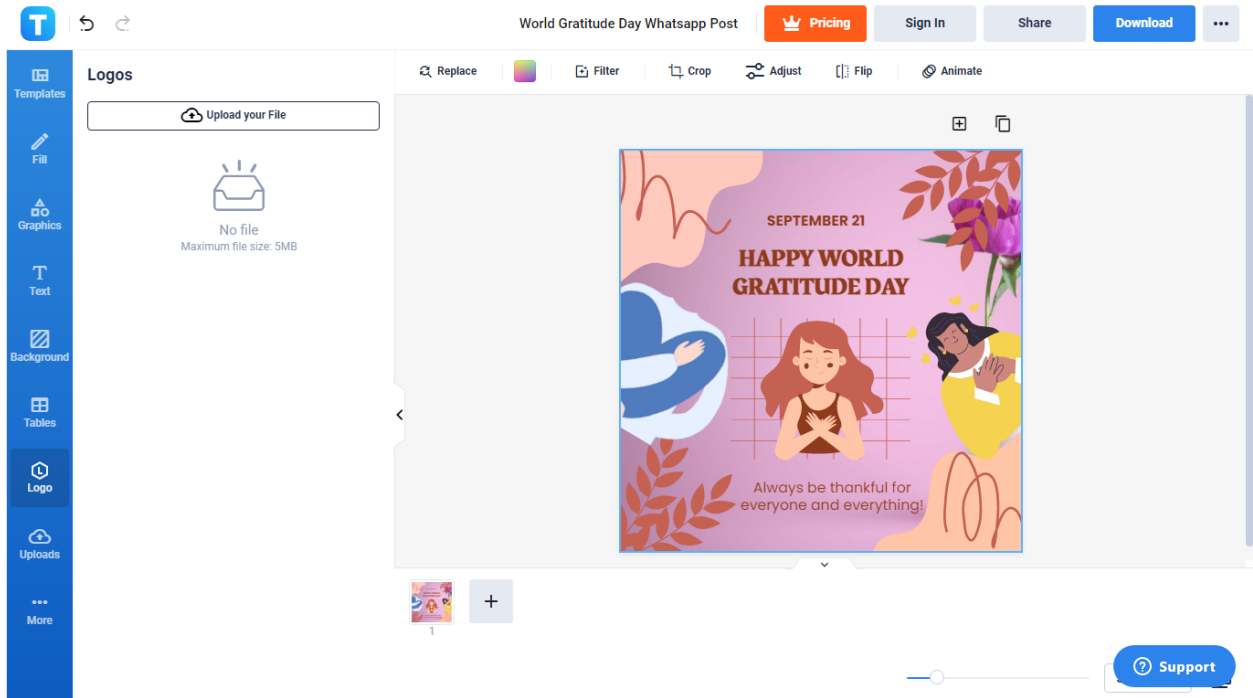
Press "Fill" on the left corner to fill in characters inside each text box. Jot down your greetings for the holiday, gratitude melody and song lyrics, and even promotional details such as job offers and items for sale. You can even personalize your content according to your target audience may it be a book publisher, a pharmacist, a teacher, or just about anyone.

3. Incorporate artistic visuals.



Just like how you design a banner, poster, or postcard, you can't forget about pictures. Click "Graphics" on the menu to add images to your WhatsApp post. You can add as many as you want but make sure the texts are still visible because overloaded pictures won't look good for the output.

4. Add a table, background, or logo too.



Take advantage of using the Editor tool's other features such as inserting a table, background, or logo. You can do so much such as adding a school or business logo or changing the wallpaper color of your template. Same as before, try not to put too much so you won't end up overdesigning the WhatsApp post.

5. Hit save and publish it on WhatsApp.



Place the finishing touches and review everything you made so far. Then, click on the three-dotted icon in the Editor tool followed by "Save." Last but not least, publish your content briefly on WhatsApp.

World Gratitude Day vs. Memorial Day

World Gratitude Day is an international holiday that encourages people to be grateful for the people and things they value; this is observed every September 21.

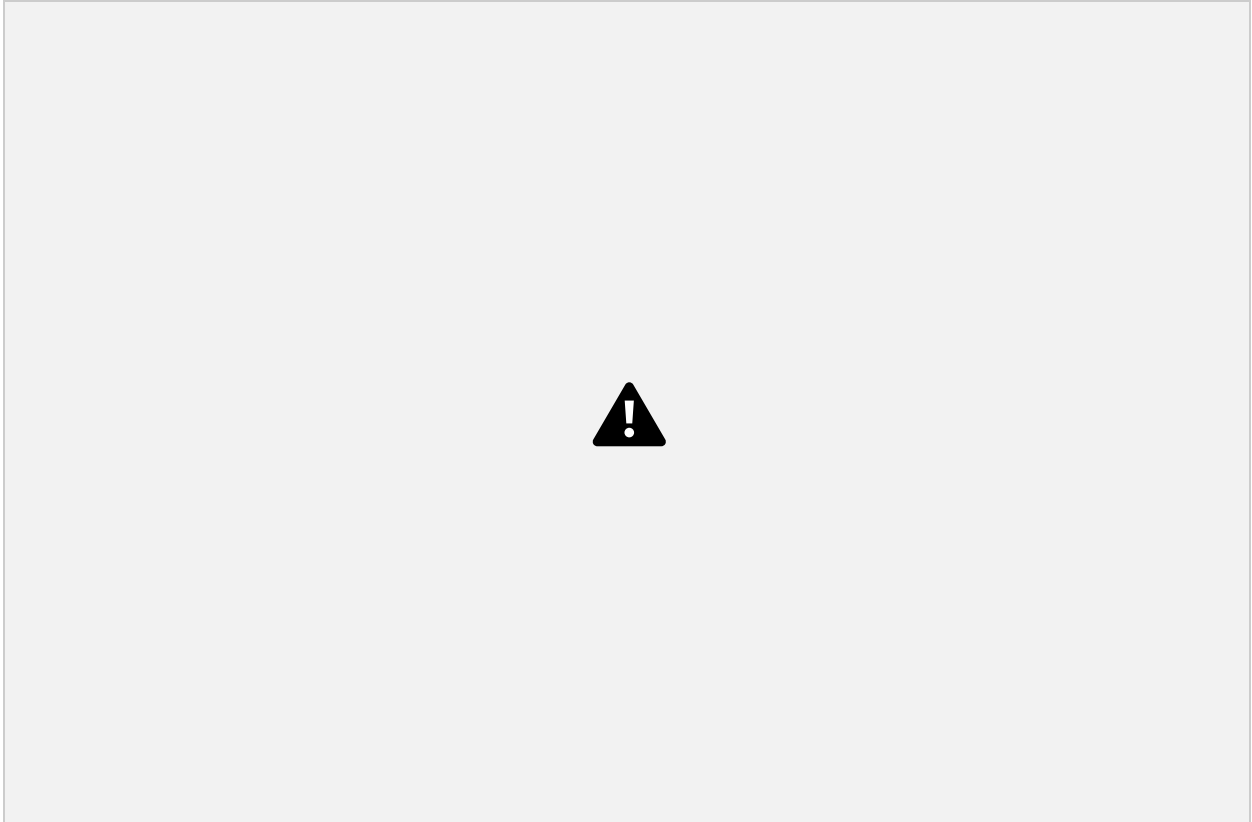
[Memorial Day](#) is a national holiday in America that commemorates all those who bravely served the US military and died; it is held every final Monday of May.

World Gratitude Day Ideas and Examples

World Gratitude Day is when we dedicate thankfulness and appreciation with lots of possible celebratory ways to express gratitude. Saying thank you to those who matter is just one of the many exercises you can do for the holiday, and you won't run out of options on what to do during World Gratitude Day with these ideas and examples:

World Gratitude Day Banner Ideas and Examples

Exercise making an attention-grabbing banner for the holiday using an editable [World Gratitude Day banner](#) template.



World Gratitude Day Website Banner Ideas and Examples

Another smart token for commemorating the holiday specifically on your website is to optimize a [World Gratitude Day website banner](#) template.



World Gratitude Day Vector Ideas and Examples

Wow your audiences with an eye-catching [World Gratitude Day vector](#) template that is easy to edit and share anytime.



World Gratitude Day Illustration Ideas and Examples

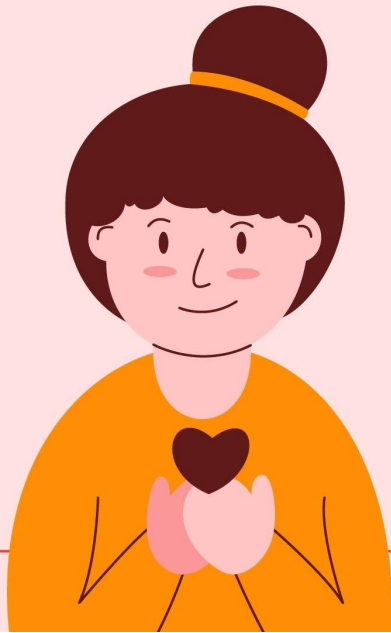
You can't go wrong with a creative premade [World Gratitude Day illustration](#) template, and you can use the illustration for any purpose.



World Gratitude Day Greeting Card Vector Ideas and Examples

Sending greeting cards is a tradition for the holiday and you can utilize the [World Gratitude Day greeting card vector](#) template for your reference.

*Your kindness is
always appreciated!*



World Gratitude Day Poster Vector Ideas and Examples

Another showstopping option due to the large size, which makes it hard to miss, is to customize a [World Gratitude Day poster vector](#) template.

WORLD GRATITUDE — DAY! —



World Gratitude Day Flyer Vector Ideas and Examples

Spread the word to your family, friends, and coworkers that the holiday for expressing gratitude is coming soon using a [World Gratitude Day flyer vector](#) template.

World Gratitude Day!

September 21



World Gratitude Day Cartoon Vector Ideas and Examples

Cartoons are not only cute to look at but also artsy, and you may leverage the [World Gratitude Day cartoon vector](#) template to observe the feel-good holiday.



World Gratitude Day Drawing Vector Ideas and Examples

Incorporate hand-drawn sketches and drawings in designing any material for World Gratitude Day by using a [World Gratitude Day drawing vector](#) template.

WORLD *Gratitude Day*



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World Gratitude Day Clipart Vector Ideas and Examples

For more options of free images to use for World Gratitude Day, check out the free collection inside this [World Gratitude Day clipart vector](#) template.



FAQs

Why do we celebrate World Gratitude Day?

World Gratitude Day is a reminder of the goodness brought by showing thankfulness and gratitude and why expressing it is important to society.

What is the symbol of gratitude?

The gratitude symbol consists of a spiral with three dots found on the bottommost part of the spiral.

How do we celebrate World Gratitude Day?

You can celebrate World Gratitude Day by writing what you're thankful for, gifting the people you value with a gratitude letter or token, hosting a gratitude party, posting on social media with the hashtag #WorldGratitudeDay, and listening to words of affirmation towards you.

What is the flower of Gratitude Day?

It is the hydrangea flower.

What to do on Gratitude Day?

You can thank the people you appreciate in person, publish a Gratitude Day social media post, and do the rest of the activities mentioned in this article.

What are the values of Gratitude Day?

Gratitude Day values include happiness, appreciation, kindness, thankfulness, and more positive attributes.

When did World Gratitude Day start?

It started as an idea by Sri Chinmoy in 1965 but the very first official World Gratitude Day happened in 1966.

How does gratitude affect society?

Gratitude helps people feel better, mends relationships, develops a stronger bond, and be genuinely optimistic in life.

Why is it important to celebrate Gratitude Day?

It is important because of the many health benefits gratitude can give such as boosting self-esteem, preventing depression, improving sleep, and so much more.

What to say on Gratitude Day?

Saying "thank you" or "I'm grateful for you" is enough for Gratitude Day but you can also add something that comes from your heart and is not simply scripted.

What is a culture of gratitude?

A culture of gratitude refers to that innate feeling where you like to be valued or appreciated by others.

Who created World Gratitude Day?

Sri Chinmoy developed World Gratitude Day.

What are the social benefits of Gratitude Day?

Social benefits include being forgiving, generous, happy, considerate, and optimistic in dealing with others.

How do we celebrate World Gratitude Day at school?

Say thank you to your classmates, send a gratitude note to your teacher, share words of encouragement, or treat whoever you are grateful to in school with a free meal.

What can I do for World Gratitude Day?

You may write gratitude letters, attend gratitude parties, and do the rest of the activities lined up in this whole post.

What are the consequences of Gratitude Day?

Good consequences are expected when you express thankfulness during World Gratitude Day such as improving health, developing stronger relationships, and being more optimistic in life.