

BEOP



BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #1: Notice, Think, Feel, Do!

Example:

What do you NOTICE in your life that you can be mega grateful for?

Whoa! Look at that! My BFF, Kendall, got me my favorite beverage from the local cafe!

THINK real hard about why the universe dropped this amazing person/place/thing in your lap.

Hmmmm, Why would she do that? Oh, wait a minute! I helped her with that project last week! This might be her way of saying thank you!

How do you FEEL about this blessing/gift?

Yay! That's so thoughtful of her! I feel so loved that she remembered my special drink.

What can you DO to show some appreciation? Make it a party and come up with some fun ways to spread gratitude.

I gotta return the favor! Tomorrow, I'm bringing Kendall some yummy treats! She totally deserves it!

NOW YOU TRY IT!

Notice, Think, Feel, Do!

What do you NOTICE in your life that you can be mega grateful for?

THINK real hard about why the universe dropped this amazing person/place/thing in your lap.

How do you FEEL about this blessing/gift?

What can you DO to show some appreciation? Go all out and come up with some fun ways to spread gratitude!
