

# BEOP



BE EXCELLENT ON PURPOSE  
& EMBRACE EACH DAY WITH

joy & gratitude!

*Bring It On!*

## BRICKIE TIP #12: The Ultimate Thank You

In the book "The Gratitude Project," Jeremy Adam Smith reveals that "the richest thank-yous will acknowledge intentions (the pancakes you make when you see I'm hungry) and costs (you massage my feet after work, even when you're really tired), and they'll describe the value of the benefits received (you give me hugs when I'm sad so that I'll feel better).

Let's give it a go.

Think of something nice that someone did for you.

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What do you think their intention was?

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What do you think this cost them?

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What value did this bring to your life?

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Did you express gratitude in a BIG WAY?

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Make a list of people and send a bold message of gratitude they have brought to you - send them JOY!

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