

BEOP



BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #16: Gratitude Their Way

There are typically three main ways that we experience and express gratitude:

- . CONNECTIONS (QUALITY TIME WITH EACH OTHER)
- . WORDS (WRITTEN OR SPOKEN)
- . GIFTS (OR DOING KIND THINGS)

You can think of them as different flavors of gratitude, and people tend to have their fave flavor. Some people prefer rocky road, while others prefer butter pecan. Think about the people in your life, and brainstorm how you can show them gratitude in their favorite flavor.

Those who love connection...

VIP'S NAME

WAYS I CAN CONNECT

<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----

Those who love words...

VIP'S NAME

THINGS I CAN SAY

<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----

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Those who love gifts...

VIP'S NAME

SOMETHING I CAN GIVE...

<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----
<input type="checkbox"/>	-----	-----

Keep in mind: Even a chocoholic could be in the mood for rainbow sherbet, so don't be afraid to mix it up, and when in doubt, it doesn't hurt to ask what your VIP prefers!



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

-William Arthur Ward