

BEOP



BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #17: Pick Your Prompt

When you are in the mood to free-write, pick a prompt from below and respond using a blank sheet of paper. You could cut the prompt out and glue it to the top of the page, giving yourself as much space as you need/want to respond. You can also rewrite the prompt at the top of the page too!

A PERSON WHO STRAIGHT-UP MAKES MY LIFE BETTER IS....

ONE THING I SERIOUSLY ADORE ABOUT ONE OF MY FRIENDS IS...

TODAY, I GET TO HANG OUT WITH...

WHEN I'M HAVING A TOTAL DUMPSTER FIRE OF A DAY, SOMEONE WHO GIVES ME HOPE IS...

SOMEONE DID SOMETHING SMALL, BUT IT TOTALLY MADE ME JOYFUL WHEN...

I CAN'T WAIT TO GIVE A BIG OL' THANK YOU TO...

SOMEONE WHO WOULD BE STOKED TO GET A HAND-WRITTEN NOTE FROM ME IS... I'D TELL THEM...

TODAY, I'M GONNA SHOW MY PEEPS SOME LOVE & GRATITUDE WHEN THEY LEAST EXPECT IT. I'M GONNA...

SOMEONE WHO'S LIKE A HUMAN JETPACK PROPELLING ME TO SOAR TO NEW HEIGHTS OF GREATNESS IS...

SOMEONE WHO IS IN DIRE NEED OF MY UNDIVIDED ATTENTION TODAY IS...

I'M FEELING SUPER GRATEFUL FOR ALL THE LOVE & SUPPORT FROM...

A TIME THAT SOMEONE'S KINDNESS MADE ME FEEL LIKE A TOTAL VIP WAS...

PRO TIP: *You can pick a new prompt each time, return to your fave(s), or both!*