

BEOP



BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #2: Noticing the Good

Inspired and adapted from an activity in "The Little Book of Gratitude" by Dr. Robert A. Emmons

The other day, I felt amazing when

WRITE THE PERSON'S NAME

took the time / made the effort to

BRIEF DESCRIPTION OF WHAT THE PERSON DID

I know that this person could have

ANOTHER CHOICE THAT PERSON COULD HAVE MADE

but lucky for me, this person chose to

ANOTHER BRIEF DESCRIPTION OF WHAT THIS PERSON DID

This act

DESCRIBE HOW IT AFFECTED YOU PRACTICALLY

and made me feel

DESCRIBE HOW IT AFFECTED YOU PERSONALLY

Thank you

WRITE THE PERSON'S NAME AGAIN

GRATITUDE IN ACTION: Call, text, or email this person to send them your appreciation, and check the box when the mission is completed!