

BEOP



BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #26: Noticing the Good

You can use this space to brainstorm all the people that you notice bring you joy and make your life better.

“GRATITUDE
is noticing the
GOOD THINGS
in life and saying
THANK YOU for them.”
Mind Yeti, "Hello Gratitude"

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