




BRICKIE TIP #6: Gratitude


NOTICE, THINK, FEEL, DO



What do you notice in your life that you can be mega grateful for?



Think real hard about why the universe dropped this amazing person/place/thing in your lap.



*"Happiness is not what makes us grateful.
It is gratefulness that makes us happy."*

Brother David Steindl-Rast



How do you feel about this blessing/gift?



What can you do to show some appreciation?