

BEOP



BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #8: Gratitude - Three Things

A common gratitude practice is to list "three good things." Let's take that to the next level and make some unique "three things: lists by adding a new word in front of things.

Think about the last twenty-four hours of your life, and pick one of the "Three Things" below to fill out.

THREE LOL THINGS

THREE KIND THINGS

THREE EPIC THINGS

Want more variety? Make up your own lists! (For example, Three Unexpected Things or Three Peaceful Things.)

"Look around, look around at how lucky we are to be alive right now!"

Lin-Manuel Miranda, "Hamilton: An American Musical"

From "Bold Gratitude" by Lainie Rowell and Allyson Liu