

BEOP



BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #9: A Chain of Grateful Memories

Write a memory you are grateful for on each strip and decorate them as you like. Then, cut each strip out. Next, loop one strip with your gratitude facing outward and tape it closed. Thread the next strip through the first loop and create another loop. Repeat with the rest of the strips. Voila, you've made your gratitude paper chain.



A large rectangular area with horizontal dashed lines for writing a memory.