

## **ACT | GIVE MEANINGFUL GRATITUDE**

Real affirmation shows people how their unique strengths make a unique difference. Who needs to be shown the difference they make? Use the guide below to structure meaningful gratitude.

Setting: When and where did it occur?	
<b>Behavior:</b> What did the person do or say?	
<b>Gifts:</b> What gifts did the person use? Consider their strengths, purpose, perspective, or wisdom.	
Impact: What was the impact on you or others?	

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