



## CREATE MATTERING

### 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?

**Behavior:** What did the person do or say?

**Gifts:** What gifts did the person use? Consider their strengths, purpose, perspective, or wisdom.

**Impact:** What was the impact on you or others?