



# Connect and Say Thank You

## -NOTICE-

What is important to them?

What makes them smile?

What are they grateful for?

What do they hope?

What are they feeling?

How did they  
show these  
things to  
you?

## -ASK YOURSELF-

How do they make your life better?

## -TELL THEM-

What you appreciate about them. Why  
it matters to you. What you noticed.