A GRATITUDE LIST ABOUT PEOPLE

Gratitude Roster

The people who help me, what they do, and one extra way I'd like to thank each of them. No score-keeping.

Year _____

Who Name, or what you call them	What they do for me The big favors and the little stuff	One extra thank-you I want to give Something small and specific	Done Color in
			○
			○
			○
			○
			○
			○
			○
			○

Stuck? Thank-you ideas

- Buy the next lunch or coffee
- Pass along something you think they'd like
- Be there the next time they need a hand
- Pick up a small treat that day
- Leave an extra big tip
- Say thank you out loud, and name what they did