

GIVING BACK CHECKLIST

- Thank a favorite teacher
- Surprise your mail carrier
- Send Thanksgiving cards
- Leave a positive review
- Give a deserving shout out
- Thank your parents
- Give back; Volunteer or Donate
- Make a gratitude journal
- Leave a generous tip
- Buy someone coffee or flowers
- Smile at stranger or passer -by
- Thank a doctor or a nurse
- Leave a comment of gratitude
- Thank your significant other or a family member
- Fill out a comment card
- Thank your garbage collector
- Make a Thanksgiving craft
- Share daily gratitude at dinner
- Host Friendsgiving
- Thank co-workers or boss
- Acknowledge yourself