

# BEOP



BE EXCELLENT ON PURPOSE  
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

## BRICKIE TIP #15: Brainstorming

You can use this space to brainstorm all the people that you notice bring you joy and make your life better.

**“GRATITUDE**  
is noticing the  
**GOOD THINGS**  
in life and saying  
**THANK YOU** for them.”  
Mind Yeli, "Hello Gratitude"


GRATITUDE IN ACTION: Call, text, email, or send a thank you card to this person to send them your appreciation, and check the box when the mission is completed!