

BRICKIE CONNECTIONS

BRICKIE CONNECTIONS #15: Giving Gratitude

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighthed the flame within us. – Albert Schweitzer

List times when you've acted in a way that was kind, patient, or generous toward someone. As you look at this list, how does it feel to own this part of you?

Where in your body do you feel it? Remind yourself of this every day for the next week.

ACTS OF KINDNESS

HOW IT MAKES YOU FEEL

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