

REFLECT & GIVE THANKS

CONVERSATION GUIDE

- WHAT ONE EVENT, MEETING, ACCOMPLISHMENT OR CONNECTION FROM THE LAST YEAR THAT COMES IMMEDIATELY TO MIND?
- WHAT ARE SOME OTHER MEMORABLE/SIGNIFICANT TIMES WOULD YOU LIKE TO SHARE?
- WHO PROVIDED YOU SUPPORT IN SOME WAY? OR/HOW DID SOMEONE SUPPORT YOU?
- WHEN DID YOU FEEL ENERGIZED?
- WHEN DID YOU FEEL A BIT LET DOWN?
- WHEN DID YOU FEEL CONNECTED?
- WHEN DID YOU FEEL HOPEFUL?
- WHEN DID YOU FEEL THANKFUL?
- HOW HAVE THOSE EVENTS IMPACTED YOUR LIFE?
- HOW HAVE THE EVENTS CHANGED YOUR THINKING?
- HOW HAVE YOUR RELATIONSHIPS CHANGED?
- WHAT ARE SOME WAYS TO MAKE THOSE EVENTS MORE LASTING?
- WHAT DO WE NEED TO DO MORE OF?
- WHO IS SOMEONE YOU SHOULD SHARE YOUR GRATITUDE WITH?
- WHAT IS SOMETHING YOU WILL DO A BIT DIFFERENTLY TO BE FULFILLED?
- WHAT IS SOMETHING YOU WILL DO A BIT DIFFERENTLY TO MAKE STRONGER CONNECTIONS?
- WHAT IS SOMETHING YOU WILL DO A BIT DIFFERENTLY TO SHOW YOUR APPRECIATION?
- WHAT IS SOMETHING YOU WILL DO A BIT DIFFERENTLY TO MAKE THE PEOPLE AROUND YOU FEEL IMPORTANT?

Goal:
Knowing that we have many things to be thankful for.

Experience:
Closer feeling for the family

THINK BACK OVER THE YEAR. THINK OF THE PLACES YOU'VE BEEN TO, THE PEOPLE YOU'VE MET, THE SPECIAL OCCASIONS, THE QUIET TIMES, NEW CONNECTIONS AND RE-CONNECTIONS.