

# 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

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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.