

GRATITUDE GOGGLES

TURN HEADWINDS INTO TAILWINDS

ACTIVITY: CIRCLE → RANK

Word bank: gratitude, community, consistency, diligence, perseverance, optimism, service, humility, courage, focus, recovery, support, communication, second-chance, appreciation, relationships, curiosity, resilience, patience, boldness

1. Circle 7 words that describe how you handle adversity right now.
2. Rank your top 3 (1-3).
3. Star one word you want to amplify this month.

In 5-7 sentences, justify your top three. Where did each show up in the last 14 days? Be concrete (people, places, decisions, outcomes).

Pick the starred word. What one behavior would make it unmistakable to others this week? Define the behavior, when you'll do it, and how you'll know it worked.



WHICH VALUE DID ADVERSITY EXPOSE—NOT ANNOUNCE—AND HOW DID YOUR ACTIONS PROVE IT WAS REAL?



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WHAT 1% SHIFT—DONE DAILY WITH CONSISTENCY, DILIGENCE, AND PERSEVERANCE—WILL COMPOUND INTO A VISIBLE RIPPLE IN 30 DAYS?



WHAT BOLD YES (OR DECISIVE NO) WOULD SIMPLIFY YOUR WEEK AND INCREASE YOUR CAPACITY TO SERVE?

RESOURCE OF THE WEEK



3 TIPS TO TRY!

- 1** AAA IN 3 MINUTES: PERFORM CHRIS'S AAA—REMOVE SOMEONE FROM YOUR SHARED CONTEXT, LIST THREE WAYS THEY IMPROVE THE WORLD BEYOND YOU, THEN TELL THEM SPECIFICALLY WHAT YOU NOTICED. DO IT TWICE THIS WEEK.
- 2** GRATITUDE GOGGLES WALK: 10 MINUTES, NOTE FIVE ENABLING DETAILS THAT MADE TODAY POSSIBLE (TOOLS, PEOPLE, SYSTEMS). CONVERT ONE INTO A THANK-YOU MESSAGE.
- 3** GREATNESS > PERFECTION: SHIP ONE IMPERFECT DRAFT (EMAIL, PLAN, POST) TODAY. ADD A LEARNING NOTE: "WHAT I'LL IMPROVE ON THE NEXT REP."