

### 3 **A** Appreciation

Think about the people in your life.  
Who has been most influential?  
Who has showed love, support and  
kindness? Who has been there to  
help you when you needed them?

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Think about one person in particular.  
Write down some of the things they  
have done for you that you truly  
appreciate:

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### Always Say “Thank You” 3 **B**

Write down the names of at least two people who you think  
you may have taken for granted in your life. Make a committ-  
ment to tell one of them thank you every day this term.

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