

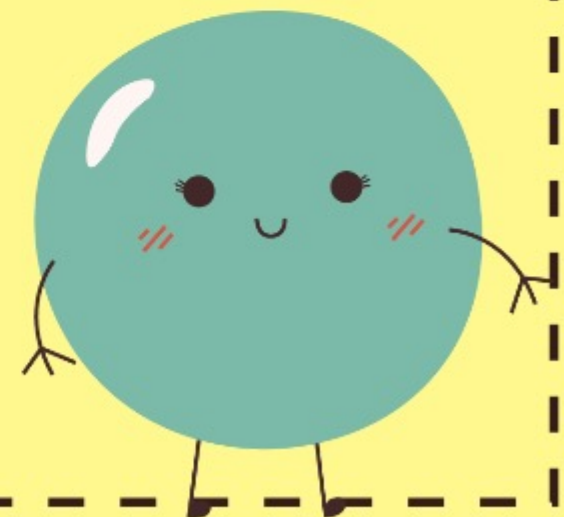
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Lets Appreciate

There is no better time to
encourage oneself than now.

This exercise on gratitude can
increase positivity.

Gratitude Checklist



Refer to the **Gratitude Checklist**. Take time to acknowledge yourself and others. Celebrate your effort, attitude, learning, and achievements.

Who or What are you grateful for today? How can you remember to acknowledge yourself?
Self validation is more powerful than external validation.

I am grateful for ... (Select all that applies)



My Effort



My Colleagues



My Attitude



My Friends



My Approach



My Mentor



My Progress



My Coach



My Achievements



My Team



My Connections



My Professor



My Family



My NOC Experience



My Boss



Other: _____

Date:

Share more. What are you thankful for?

I am thankful for the opportunity to be here and the effort I have put in for myself to be here. I am thankful for the courage to put myself out there, and come out of my comfort zone to participate in the various social activities throughout the day. I am thankful for the friends who were with me and interacted with me at the beginning of the day where I was in a sea of unfamiliar faces.



I could refer to Self Awareness tool #5 - Help! I need, to identify any universal underlying need that was met