



Do You Have “The Attitude of Gratitude” (T.A.G.)?

Smiling and saying thank you to others is easy and can pay big dividends. These simple acts of authentic kindness can make someone’s day and require so little effort. It is so difficult to accomplish anything of value by yourself. You need advisors, mentors, teachers, and coaches who will help you through key stages of your life. Do you ever go back and say thank you to a former teacher, coach, relative, or classmate that may have helped you in either a small or transformative ways? Well, now you are going to make it a priority.

It is essential for you to understand the importance of having “**The Attitude of Gratitude**” and to remember to frequently “**T.A.G.**” the people who have made a positive difference in your life. I would suggest setting up a time once a week in your calendar to remind you to T.A.G the positive difference-makers in your life.

I have “The Attitude of Gratitude” so today I am going to thank: _____.

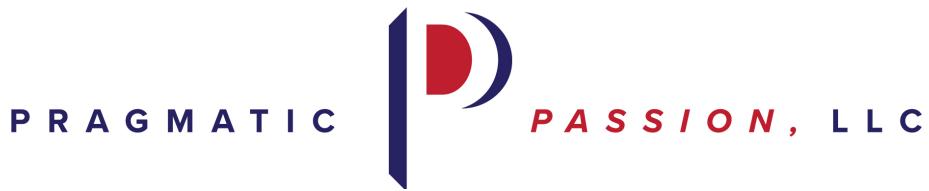
Pick out someone in each of the following categories who have made a positive difference in your life or career. “**T.A.G.**” them with a personalized thank you message. Who will you T.A.G. today?

- Family
- Personal life (friends and classmates)
- Mentors (teachers, professors, advisors, coaches)

How do you T.A.G. someone?

1. Text...quick and easy (therefore, NO Excuses!)
2. Email...fast and allows for a little more formal greeting.
3. Phone... It's much more personal.
4. Write a letter/card...deeper thought, lasting impression, and a pleasant surprise!
5. Visit them in person...**the very best option!** Look the person in the eye and tell them what they have meant to you.

Practice “**The Attitude of Gratitude**” and T.A.G. Often!



I have “The Attitude of Gratitude” so today I am going to thank:

1. _____ How: _____

Why: _____

Message: _____

2. _____ How: _____

Why: _____

Message: _____

3. _____ How: _____

Why: _____

Message: _____

Example:

Why: He helped me with my career assessments and deciding on a college major.

Message: Let him know that because he cared so much about me and took a personal interest in my future, my life has had purpose and joy.