

Character Strong

Ask for Feedback

Send a text message to 5 different people that says, "What is one way that I could be better for you in our relationship?"

The Five People I am going to ask are:

- 1.
- 2.
- 3.
- 4.
- 5.

Give an intentional compliment

Send a text message to 5 different people that says, "I want you to know that I appreciate you because _____."

The Five People I am going to give a compliment to are:

- 1.
- 2.
- 3.
- 4.
- 5.

See a Need Meet a Need

Over the next 24 hours look for an opportunity to meet a need of someone you don't know. Look for opportunities to help and then take action.

Identified Need -

Action Taken -

Names are Important

Be the first to introduce yourself to at least 5 new people over the next 24 hours. One you learn their name record it below.

- 1.
- 2.
- 3.
- 4.
- 5.

Practicing Gratitude

Answer the following prompts below and then call the person and read the prompts to practice gratitude.

Prompts:

Name of influential person in your life is _____

The first three words that come to mind when you think of this person are

_____, _____, _____.

One reason why they are so influential is _____

An example of what this person's influence has done for you is _____
