



**Don't Forget Your Manners!**

**Being Thankful Personal Checklist**

- Do you have a smile on your face? Do you look happy to be there? ..... Y N
- Do you express thankfulness by using *please* and *thank you*? ..... Y N
- Have you sent a special gift: a magazine, a phone all, a written message? ..... Y N
- Have you started a *Thankful Journal*?..... Y N
- Did you say: I GET to go to work/school/volunteer?.... Y N
- Have you visited or called a sick friend? ..... Y N

How did you do? Did you get a favorable rating?