

⚡ EPISODE 17

Action Plan: Thankfulness That Strengthens

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Action Plan: Thankfulness That Strengthens

Thankfulness at Home (Modeling for Your Family)

Action Steps:

- Day 1: Verbally thank your spouse for one specific thing they did today, even if it's small (laundry, dinner, errands).
- Day 2: Acknowledge one positive thing your child did this week, tell them you noticed and are thankful.
- Day 3: Start a family habit, during dinner or bedtime, ask everyone: "What's one thing you were thankful for today?" (Keep it short, real, and consistent.)
- Family Goal: Make gratitude part of your nightly rhythm, not just a holiday tradition.



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Teaching Gratitude to Kids

Action Steps:

- Create a “Thankful Jar.”
 - Label a mason jar “Our Thankful Jar.”
 - Have each family member write or draw one thing they’re thankful for and drop it in.
- Start Thankful Notes.
 - Have your kids make one small thank-you note or drawing for someone outside the family (teacher, coach, neighbor).
 - Deliver or mail it together to make it meaningful.
- Family Goal: End the week by reading what’s in the jar or reflecting on how those thank-you moments felt.



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Thankfulness in the Workplace

Goal: Build connection and positivity through intentional appreciation.

Action Steps:

- Verbally thank a coworker for something specific; not general praise, but a real acknowledgment (“I really appreciate how you handled that situation yesterday”).
- Write one handwritten thank-you note to a teammate, student, or parent who made a difference this week.
- Bonus Idea: Start your next meeting or class with a 1-minute gratitude round; everyone shares one thing they’re thankful for.

Work Goal: Make thankfulness visible and contagious at work; it fuels morale and strengthens culture.



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Reflection + Challenge

Goal: Turn gratitude from a moment into a mindset.

Action Steps:

- Reflect:
 - Ask: How did showing thankfulness change my tone, my home, or my relationships this week?
 - Write one short reflection or journal entry: “This week I was most thankful for...”
 - Share one takeaway with your spouse, friend, or team.
 - Personal Goal: Keep one of these new gratitude habits going for 30 days.