

Recognize the People Who Have Been a Blessing to You

Make a commitment to recognizing the people in your life who have been a blessing to you.

- Write a letter, send an email message, or call someone to express your thanks and appreciation.
- Tell people how much they mean to you and *why* you consider them a blessing in your life.
- Try to do this once a week or once a month, on a continuing basis.
- You can start by making a list of people who have been a blessing to you at some point in your life.

