***CALL YOUR PARENTS, KISS YOUR SPOUSE AND HUG YOUR KIDS***

*We all take too much for granted. So many times we get caught up and focused on things we don’t have rather than focusing on what we do have. The focus of these two assignments is to encourage us to take some time to “smell the roses.”*

*Gratitude is defined as acknowledging the people and things that have happened to create your success. Along the journey of life, all of us have come in contact with certain people who have influenced us significantly in becoming the person we are today.*

*Successful, fulfilled individuals act upon their gratitude in two ways: 1.) By keeping a gratitude journal and 2.) Letting the people who have a special place in their life know how important they are.*

*Your task is two-fold.*

1. *Create a Gratitude List. (10 points) As always, make it aesthetically pleasing and put extensive thought into your detailed list.*
2. *Write an Appreciative Letter. (25 points) Write a letter to someone who has had a tremendously positive impact upon you. Go into grave detail in showing your appreciation.*

***\*\*\*\*\* I highly suggest you take the next step and mail the letter. This is not mandatory but I think you will be shocked out how that person reacts and the inner peace it provides you.***