

As you recall the last 24 hours, think of everything others did for you, no matter how large or small it may seem. You might include the more obvious people, such as family members or people at school, but also remember others such as the crossing guard who stopped traffic so you could cross the street, the driver who slowed to let you get your bike around her car, the clerk at the market who let you buy something even though you were two pennies short, the woman who held the door elevator door until you got in, the child who smiled at you as you walked by, and so on. When your guide pauses and asks you to make some notes, write very specific details about what others did for you. Make your list as long as possible. No detail is too small or unimportant—include them all.

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Now focus on one person in your life who does a lot for you (parent, friend, brother, sister, other family member, teacher, coach, and so forth). Put that person's name or what you call him or her in the blank, and finish the sentence that follows:

_____, I'm grateful you were born because . . .