

# APPRECIATION

Color the Block O as you think  
about who in your life fills you up.  
List those people below.

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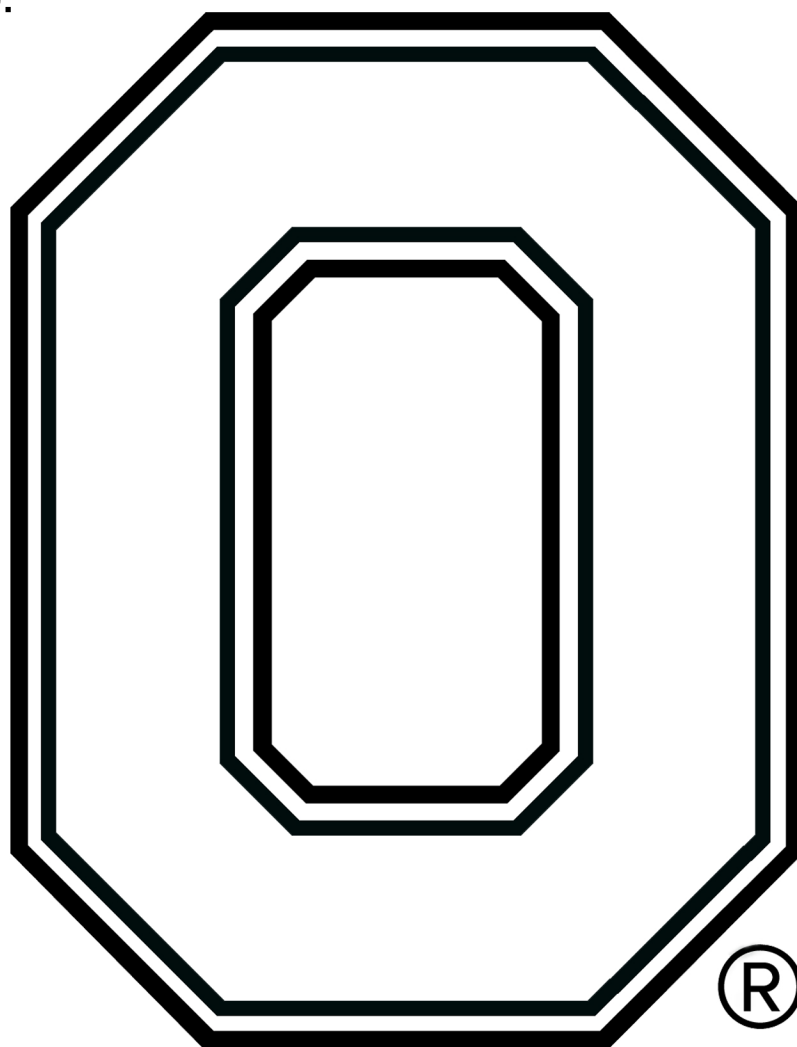
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If you want to take it a step further, send  
the people on your list a hand written  
note expressing your appreciation.