

*Attitude*

*Preparation*

*Perseverance*

*Respect*

*Honesty*

*Integrity*

*Courage*

*Self-Control*

*Empathy*

*Gratitude*

*Tolerance*

*Duty*

*Loyalty*

*Responsibility*

*Compassion*

*Leadership*

*Character*

# APPRECIATION

*TIGER TRAITS*

*Week 8*

**Being thankful for what you have, instead of complaining about what you don't**





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“How would your life be different if...you began each day by thanking someone who has helped you? Let today be the day...You make it a point to show your gratitude to others. Send a letter or card, make a call, send a text or email, tell them in person...do whatever you have to do to let them know you appreciate them.”

— Steve Maraboli, *The Power of One*

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A story of appreciation:

[http://www.youtube.com/watch?v=xFs8P\\_TrAVQ](http://www.youtube.com/watch?v=xFs8P_TrAVQ)

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Thank someone important in your Life!

<http://play.simpletruths.com/movie/simple-truths-of-appreciation/>

**Discussion**