

GET YOUR POINTS HERE!



3
points!

- Print material for the Monthly Mission Month! Easy, right! Per print!
- Get active on the Fairytale Fraud Facebook thread! Points per thread.
- Discuss one of our 'get going' questions.^
- Tell three people outside of your family about your Monthly Mission!
- Visualise! Imagine having a gratitude attitude!
- Really encourage someone who shows gratitude.

5
points!

- Get someone else to join the Monthly Mission! Points per person!
- Discuss one of our 'gratitude' scenarios or have a gratitude debate.^
- Set gratitude goals, milestones and rewards for the month^
- Celebrate your success! Yes!!! Points for partying!!
- Read and discuss Trip Trap Trouble, a book about gratitude
- Do something small for someone
- Start a gratitude journal

10
points!

- Memorise your own mottos for coaching yourself to be grateful
- Share the impact of you being grateful
- Do something extra special for someone to say 'thank you!'

20
points!

ANNND...complete a gratitude journal for the month

MONTHLY MISSION POINTS CHART



Name: _____

Fill in each circle as
you grow your points!



