

# RESILIENCY

## Resiliency In The Moment: Thanking Another Person

“Don't let the sun go down without saying thank you to someone, and without admitting to yourself that absolutely no one gets this far alone.”

- Stephen King

### Say Thank You - And Mean It

1. Notice when someone does something unexpectedly nice or thoughtful
2. Express your thanks sincerely
3. Be heartfelt - explain what you are thanking them for
4. Describe how it was meaningful to you

These two words tell a person what they did was meaningful. Receiving thanks reminds us that what we do has meaning. Giving thanks reminds the other person that what they do has meaning.

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