

## I OWE WHO

We're all grateful for someone, but do they know how we feel about them? Expressing gratitude might be more important than you think.

## QUESTIONS

- Think about a time when you
  went out of your way to help someone but didn't receive the appreciation you thought you deserved. How did that situation impact your relationship with the other person?
- Do you agree that gratitude—or
  ingratitude—determines the level of trust between two people? Why or why not?
- Have you ever been surprised
  to hear that someone didn't feel appreciated by you? Explain.
- What holds people back from expressing gratitude?
- Who are the people that have helped you get where you are today? Do they know you're grateful for them? If not, how could you show your gratitude for them?

## NOTES

## **BOTTOM LINE**

It's not enough to feel grateful. Gratitude must be expressed.

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