

THANKFULNESS

IN Thought and ACTION

feeling or expressing gratitude;
appreciative.



Life Theme

Question 1: What are you thankful for?
Relationships? Opportunities? Material Things?

Two Choices:

Live a life with an attitude of gratitude?
Or live a life of bitterness? You Choose...

Just the facts:

Psalms 139:14 says you are fearfully and
wonderfully made! There is no one like you!
You are a one of a kind unique and special
regardless of any negative feeling you may
have...You must KNOW that you have great
stuff to add to this World...

Be true to yourself, help others, make each day your masterpiece,
make friendship a fine art, drink deeply from good books -
especially the Bible, build a shelter against a rainy day, give thanks
for your blessings and pray for guidance every day.

John Wooden

Football Theme:

Task 1: Name a few things that you are
thankful for as a result of playing football.
-Friends, Mentors, Memories???

Next Level: What have others sacrificed
in order to allow you to play this game?
Money? Time? Thought?

Task 2: Go say thank you to one or more
people that have allowed you to experience
the game of football.

When you practice gratefulness, there is a
sense of respect toward others.

Dalai Lama

Go to: www.coachmertz.com

Watch Season 2 ..*Week 11 Video*.....Write thoughts on Back

“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”

Success is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that your are capable of becoming.

JOHN WOODEN