# The Notice, Thank, Serve Worksheet

*See the effort. Name your thanks. Carry one useful duty.*

Gratitude can be specific and practical without becoming a demand for a cheerful performance or a debt for being loved.

Example: an adult rearranged the evening to provide a ride. The child says, "Thank you for waiting after practice," carries the sports bag inside, and puts the bottle by the sink. Disappointment about the game can still be discussed.

## 01 Notice the real gift

Name an ordinary provision and the effort you can actually identify.

Gift, help, or provision noticed

Person whose work helped

Specific effort I noticed

What I should ask instead of assuming

## 02 Choose honest words

Let the thank-you describe something real.

My specific thank-you

Spoken / note / drawing / other

When I will offer it

Hard feeling that still needs a hearing

# The Notice, Thank, Serve Worksheet / Review & follow-through

## 03 Carry a useful duty

Choose an appropriate response that serves rather than performs.

Duty or helpful action

Adult help or permission needed

What finished looks like

When I will carry it out

## 04 Review what changed

Look for actual notice and follow-through.

Something new I noticed

Action I actually completed

Adult example we can improve

One practice for the next week