

GRATITUDE MESSAGE

One message. Sent with intention. Strong men build strong relationships not through grand gestures, but by showing up with appreciation when it counts.

WHO YOU'RE SENDING IT TO

Pick one person who helped, supported or impacted you. Trust your gut.

The person I'm sending this to:

What they did that deserves recognition:

Why I haven't said this yet:

YOUR MESSAGE

Be direct, genuine and specific. Generic thanks lands soft — name the thing.

What I want to say:

The specific thing I'm thanking them for:

SEND IT NOW

Choose your method. Commit to a time. Now is better than later.

HOW (text / call / in person):

WHEN:

What sending this says about the kind of man I am:

Growth lives on the other side of action.