WORKSHEET **People Radar**

For seven days, catch one person doing good each day. Fill in what you noticed and what it made possible, then tell them in the spotlight size that suits them.

Day 1. Who: _____

I noticed: _____

Because of it: _____

Day 2. Who: _____

I noticed: _____

Because of it: _____

Day 3. Who: _____

I noticed: _____

Because of it: _____

Day 4. Who: _____

I noticed: _____

Because of it: _____

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WORKSHEET **People Radar (continued)**

Day 5. Who: _____

I noticed: _____

Because of it: _____

Day 6. Who: _____

I noticed: _____

Because of it: _____

Day 7. Who: _____

I noticed: _____

Because of it: _____

Spotlight size I used most: ☐ a quiet word ☐ a text or note ☐ out loud

Something I'd only notice if it stopped, and who does it: _____

Someone who never got properly thanked: _____

What came back around this week: _____

☐ I thanked someone for something steady, not just something big.
☐ I matched the spotlight to the person.
☐ I wrote or planned one real letter to someone from my past.

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