



PEP SHEET

Give a boost

Join our challenge #giveabooost and start by reflecting on the following:

When did I last give someone a boost? What did I do? How did it feel? How did it make the other person feel?

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When did I last get a boost? Who gave it to me? How did it feel?

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How can I get better at boosting others? What methods should I use?

Amplify / Share Positive Energy / Give Reinforcing Feedback / Recommend / Be Kind

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My 30-day #giveabooost challenge – 20 boosts in 30 days
Record all the boosts that you give in the next 30 days

Boost	Who:	What, Why and How:
1		
2		
3		
4		
5		
6		
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12		
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14		
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20		