

HANDWRITTEN NOTES

*Learn how a small, powerful act
can enrich your life*

Worksheet: Thinking About Others

by Carrie Pierce | Learn how a small, powerful act can enrich your life.

handwritten
notes



Carrie Pierce

Before you write anything, pause.

Set your phone aside. Take a quiet minute and think about one person - really think about them.

Picture their face, their energy, the way they move through the world.

This isn't about writing yet. It's about noticing.

People engage with you in proportion to how you make them feel - and the deepest connections start with simply seeing someone for who they are.

1. Who comes to mind?

Someone you respect, appreciate, or want to encourage.

Write their name: _____

2. What makes them stand out?

Think about what's uniquely them.

- What do they do effortlessly?
- What do others count on them for?
- What kind of energy do they bring into a room?

Write what you notice:

3. What's something good they might not even see in themselves?

A strength. A pattern. A quiet way they make things better.

4. What moment proved that?

Think of a time that revealed who they really are - even in a small way.

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5. How have they made you feel?

6. What do you want them to feel when they hear from you?

☐ Seen ☐ Appreciated ☐ Encouraged ☐ Reminded of their value ☐ Understood

7. When you write them, keep this at the center:

"You matter to me because..."

"Here's what I see in you..."

"This is who you are, even when you don't notice it."

That's the real work.

Not the ink, not the paper - the pause.

The quiet moment where you stop long enough to see someone clearly
and remind them they matter.