



Big-Hearted Glossary



THE GROUCHY GRUDGE

Grat·i·tude Guide pledge

noun

1. The big-hearted promise Gratitude Guides make to help, serve, and love others.

grouch·y grudge

noun

1. Bad feelings toward someone who hurt you that keep you stuck in the past.
2. Big-time bitterness.

mess-up play·back

noun

1. A long list of mistakes (yours or someone else's) playing on a loop in your thinker.

zip·ped lips

noun

1. An untalkative tongue.
2. A mum mouth.