



The HOORAY Adventure Guide

Seven levels. One quest. Become someone
who notices the good — and says so.

Notice. Thank. Repeat.

This Guide Belongs to:



Notice. Thank. Repeat.

THE QUEST

How the adventure works

Seven levels, each one a little braver than the last. Finish a level, earn its badge, unlock the next. Log every Hooray you give — and watch the milestones light up on your way to 30.

NOTICE

The good you saw

THANK

out loud, by name

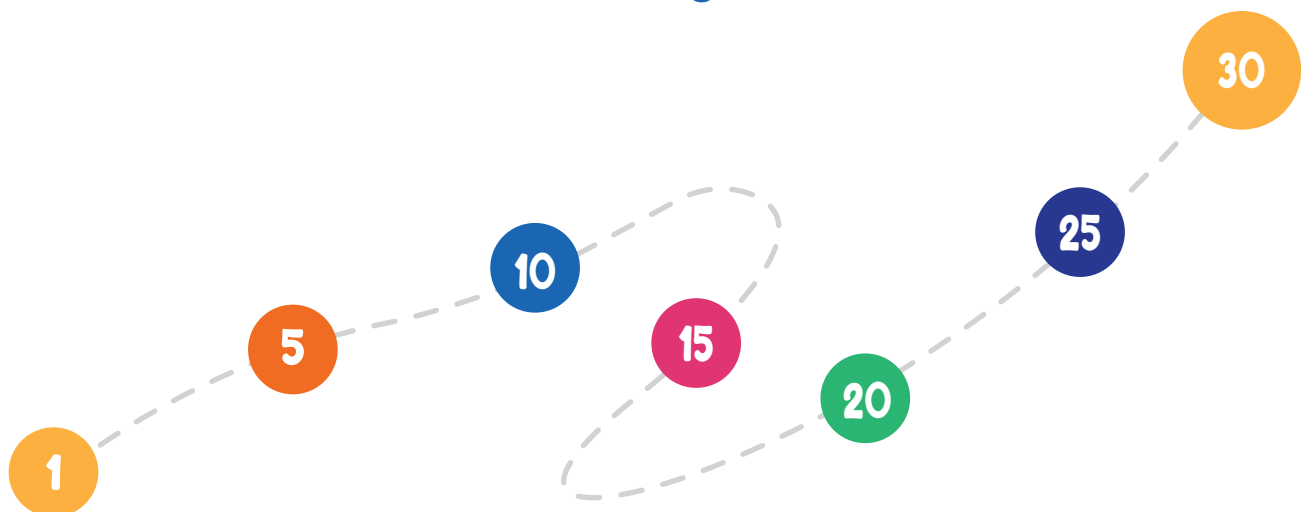
CELEBRATE

mark it & log it

REPEAT

tell one more

The Journey to 30



Color in each milestone as you reach it. Thirty Hoorays makes you a Founding Hoorayer



Collect all seven badges

Finish the quest and you're a Founding Hoorayer — with a certificate to prove it.

LEVEL 1



Spot the Good



Before we thank people, we have to notice them.

Seven levels, each one a little braver than the last. Finish a level, earn its badge, unlock the next. Log every Hooray you give — and watch the milestones light up on your way to 30.

**Smile at five people.**

Count them on your fingers. Notice who smiles back.

**Catch someone helping another person.**

A held door, a picked-up dropped thing, a "you go first."

**Write down three things you appreciated today.**

.....

**Circle someone you almost walked past without noticing.**

The person whose work you only see when it stops.

**What surprised
you today?**

Reward: _____

The "I See the Good" badge

Color it in. Level 2 is unlocked.



LEVEL 2



Your First Hooray

The hardest one is the first one. Let's get it out of the way.

Nobody's first Hooray is smooth, and it doesn't matter. Steal a script, pick one person, and go.

Steal a script

"I saw you _____. Because you did that, _____. Hooray for you!"

"You held that door and went back for the cart. That made someone's morning easier. Hooray for you!"



Choose one person.

Who made your day easier and won't be thanked for it?



Say the specific thing you saw them do.

Not "you're great" — the actual thing.



Give one genuine Hooray. Out loud.

Then log it. That's #1 of 30

How did they
react?

Reward: _____

The Official Hoorayer badge

You've done the hardest one. It only gets easier.



LEVEL 3



The Momentum Mission

One Hooray a day for seven days. This is where it becomes a habit.

Seven days proves you can. Color a flame for each day you give a Hooray — don't break the chain.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

☐ Give one Hooray every day for seven days.
Small counts. A text counts. Just don't skip.

☐ Celebrate each day you complete.
Color the flame. Notice the streak building.

What became easier this week?

Reward:

The Momentum badge

Seven days in. You're not trying anymore — you're doing.





Hooray Hunter

Gratitude, as a scavenger hunt. Go find the unnoticed heroes.

Every one of these people is somewhere near you today. Find them, thank them, check the box

☐

Someone who works behind the scenes.

Who? _____

☐

Someone who keeps things clean.

Who? _____

☐

Someone who serves others all day.

Who? _____

☐

Someone who makes people smile.

Who? _____

☐

Someone who teaches or leads

Who? _____

Who gets overlooked the most?

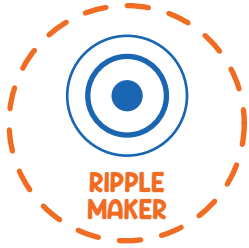
Reward: _____

The Hooray Hunter badge

Five heroes found and thanked.



LEVEL 5



Ripple Maker

Give a Hooray across every part of your life. Watch it spread.

Eight relationships, eight Hoorays. Check each one as you go. They don't all have to be strangers — some of the hardest are the people closest to you.

☐ Family☐ A friend☐ A neighbor☐ A teacher or A coworker☐ A small business☐ A healthcare worker☐ A delivery driver☐ A stranger

Which Hooray surprised you the most?

Reward:

The Ripple Maker badge

Eight corners of your life, all a little warmer.



LEVEL 6



Courage Mode

Give the Hooray even when it feels awkward. Especially then.

Awkward is just the feeling of being sincere in public. It passes in four seconds. Pick the ones that scare you a little.

- ☐ Thank a total stranger, out loud.
- ☐ Write a Hooray by hand and give it.
- ☐ Record a thank-you video and send it.
- ☐ Send a digital Hooray to someone far away.
- ☐ Recognize someone in front of other people.

What courage
did gratitude
require today?

Reward:

The Courage badge

Five heroes found and thanked.



LEVEL 7



Founding 30

The final quest. Thirty Hoorays — one milestone at a time.

Don't chase one big number. Chase the next milestone. Celebrate each one when you land it.



Celebrate 5. Then 10. Then 20. Then 30

Log every Hooray at hooraysquad.com — each one counts toward Baltimore's 1,000.

**How has gratitude
changed the way
you see people?**

Reward:

The Founding Hoorayer badge + your certificate

You didn't just finish a guide. You became someone.



MY HOORAY LOG

Who I gave a Hooray to

No rules on what to write — just the name, or "the man at the bus stop," or however you remember them. Fill the page. That's the whole quest: thirty people, thirty better days.

1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

KEEPSAKES

The ones you'll remember

Tape in a photo, a note back, a receipt, a ticket — anything from a Hooray that stuck with you. This is the page you'll flip back to.

tape a photo here

tape a note back here

The Hooray I'll never forget

The best proof isn't the number.

It's the face of someone who didn't expect to be thanked.



TROPHY CASE

Your badge collection

I SEE
THE GOOD

OFFICIAL
HOORAYER

MOMENTUM

HOORAY
HUNTER

RIPPLE
MAKER

COURAGE

FOUNDING
HOORAYER

STICK YOUR
STICKER
HERE

HOW TO EARN THEM

One badge per level



Level 1 — I See the
Good



Level 2 — Official
Hoorayer



Level 3 — Momentum



Level 4 — Hooray
Hunter



Level 5 — Ripple
Maker



Level 6 — Courage



Level 7 — Founding
Hoorayer, at 30
Hoorays

YOU

DID

IT!

30

Hoorays given.

Thirty people were told, specifically, what good they did — because you decided not to keep it to yourself. That's not a number. That's thirty better days.

Notice. Thank. Repeat.

Now go teach
someone else.

CERTIFICATE OF COMPLETION

A Founding Hoorayer

This adventurer noticed the good and said so.

THIS CERTIFIES THAT

completed all seven levels of the Hooray Adventure, gave 30 Hoorays, and became someone who notices the good in people — on purpose, out loud, again and again.

DATE

Raquel & the Squad

HOORAY SQUAD



Changing the world doesn't begin with changing everyone.
It begins by noticing one person.

Every
person
deserves
a Hooray. 



Notice. Thank. Repeat.