

The Gratitude Letter

An Exercise in Appreciation and Connection

Inspired by Martin Seligman and his book "The Power of Moments"

Why Write a Gratitude Letter?

Research in positive psychology shows that expressing gratitude can increase happiness and strengthen relationships. Writing a heartfelt letter to someone who has positively impacted your life is a powerful way to deepen your appreciation and bring joy to both you and the recipient.

Instructions: How to Write & Deliver Your Gratitude Letter

Step 1: Choose the Recipient

Who will you write to? Name:

Think of someone who has made a meaningful difference in your life but whom you have never properly thanked. This could be a teacher, friend, mentor, family member, or anyone who has shown you kindness or support.

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Step 2: Reflect on Their Impact
Take a moment to reflect on why you appreciate this person. Ask yourself:
What did they do for me that was meaningful?
How did their actions or words affect my life?
Why am I grateful for them?
Write a few thoughts here:



Step 3: Write Your Gratitude Letter

Your letter should be personal, sincere, and detailed. Use the following outline as a guide:

Start with a warm greeting.

• Example: Dear [Name], I've been thinking about how much you mean to me, and I wanted to take a moment to express my gratitude.

Describe what they did and why it mattered.

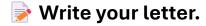
• Example: I remember when you [specific act of kindness]. At the time, I was [describe how you felt], and your kindness made all the difference.

Explain the lasting impact.

• Example: Because of your support, I have [describe how your life changed]. I carry that moment with me, and it continues to inspire me today.

Express your heartfelt thanks.

• Example: I just want you to know how much I appreciate you. Thank you for being you.



Step 4: Deliver Your Letter

If possible, read your letter aloud to the recipient in person or over a call. **Seeing or hearing** their reaction can make the experience even more powerful for both of you.

- **How will you deliver it?** (Circle one)
 - In person
 - Over a phone/video call
 - By mail/email

Step 5: Reflect on the Experience

After delivering the letter, take a moment to reflect.

- How did you feel while writing the letter?
- How did the recipient react?
- How do you feel now?