



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

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.

 **Who will you write to?** Name: _____

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.*



Write your letter.

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?**