GRATITUDE LETTER WRITING ACTIVITY

APPRECIATING OTHERS AND CELEBRATING YOURSELF

Expressing gratitude can deepen our connections with others and strengthen our own sense of self-worth. This activity invites you to thank someone who has made a difference in your life and reflect on your own strengths and accomplishments. Through these simple, heartfelt letters, let's celebrate the kindness we've received and the resilience within us.

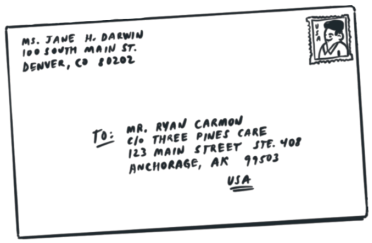
PART 1: WRITE A LETTER TO SOMEONE WHO CHANGED YOUR LIFE

1. Choose Your Recipient
Pick someone who has positively impacted your life. This could be a colleague, mentor, teacher, family member, or friend.

2. Reflect on Their Impact
Take a moment to reflect on their influence. Think about moments when they supported you and what makes them special.

3. Write and Express Gratitude
Begin with a warm greeting, share specific examples of their impact, and end with thanks. Be sincere and heartfelt in your words.

4. Deliver Your Letter
Send it by mail, hand it over, or read it to them in person.



PART 2: WRITE A LETTER TO YOURSELF

1. Reflect on Your Strengths
Find a quiet space to consider your strengths and proudest moments. Think about times when you made a difference in someone's life or when you felt proud of yourself.

2. Celebrate and Acknowledge
Write a letter to yourself, highlighting achievements and growth.

3. Conclude with Encouragement
End on an uplifting note for the future. Remind yourself of your potential and express confidence in your ability to continue making a positive difference.

4. Keep Your Letter Safe
Store it somewhere special to revisit when you need motivation. You can use futureme.org and schedule it to be emailed at a future date.

We hope this activity gave you time and space to reflect on the kindness in your life and the strength within you.

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"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

