

15. Gratitude Letter

Being thankful for your loved ones

🕒 Duration: 20 minutes 📅 Frequency: ONCE-OFF 🎮 Difficulty: Moderate ★★☆☆ Evidence Quality

What is it?

- A gratitude letter involves expressing your thanks to someone whom you care for dearly.
- By writing a gratitude letter you can thoughtfully express how important a relationship is to you and your wellbeing.

What can I use it for?

- Expressing gratitude can help strengthen relationships as well as improve happiness and health.
- A gratitude letter can also help to shine a light on the positive things in life and remind you that there are others out there who care for you.

How to do it?

1. Reflect and write down the name of a person who you are truly grateful towards
2. Write a letter to this person describing what they did for you, why you are grateful and how it has affected your life. You may also wish to include where life has taken you and how often you think of their deeds.
3. Share your letter with the person, preferably in person, to truly show your appreciation

Anything to consider before I start?

- Don't let distance stop you from trying this activity – you can always set up a video chat if needed.
- Don't stress about spelling and grammar.
- Try to keep your letter to one page or less.



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS

15. Gratitude Letter

Reflect and write down the name of a person who you are truly grateful towards:

What role do they play in your life and why are you grateful for them?

Can you reflect on specific times and events that really made a difference for you? Or is this person's day-to-day presence in your life something to be grateful for?

On another piece of paper, write a letter to this person describing what they did for you, why you are grateful and how it has affected your life. You may also wish to include where life has taken you and how often you think of their deeds. Don't forget to personally hand deliver the letter once you are done and read it to them.

TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: