Letter of Thanks

As you work to build strong relationships and connections, remember to give thanks to those in your life. One study has shown writing and personally delivering a letter of gratitude to someone, you had never been properly thanked, provides an immediate increase in happiness. Let’s give it a try!

1. Think about someone who has done something for you, and you never properly thanked them.

2. In a quiet space, sit down and write a letter sharing how their friendship has helped you.

3. You can either hand deliver or mail the letter.

How did this activity make you feel, physically, mentally or emotionally?

Was it easy, challenging, or a bit of both?

Do you think you will do this again or encourage another person to try it? Why or why not?