

## **Gratitude Letter**

Think of someone who has been especially kind, influential, or helpful to you, or has made you happy.

Write a letter to that person describing in concrete terms why you are grateful to her/him.

Name specifics the person did for you and how it affected your life.

Tell what you are doing now and how you remember their efforts.

Make the gratitude come alive in your letter.

Whether you send this letter is up to you.

Write a blog entry that includes a description of the letter (or the letter itself if you wish) and the experience.