

Gratitude Expression Option

WRITTEN EXPRESSION

“Letter writing can be seen as a gift because someone has taken their time to write and think and express love.”

Soraya Diase Coffelt

Why wait to tell others how much they have impacted your life?

Writing a letter of gratitude is a great way to share with someone on how they have made an impact in your life. It can also help create a stronger relationship. Explore the examples found on pages 20-21.

Action 1.

Identify the person

Think about a person in your life who has had an influence to share your gratitude with. This can be a family member, a friend, a colleague, a mentor.

Action 2.

Reflect on their impact

Now, think about the moments of impact this person has had on your life. What difference have they made?

If you need help getting started, you can find some thought-starters on page 17.

Action 3.

Write your letter

Once you've reflected on the details you appreciate in the person, use your answers to put your thoughts to paper.

Check out the tips on writing your gratitude letter on page 19.

Action 4.

Share your letter

Now that your letter is written, you are ready to take the next step, which is sharing the letter with the recipient.

Remember, you can also drop off the letter in person, send it by mail or email it to them.

Action 5.

Post-reflect

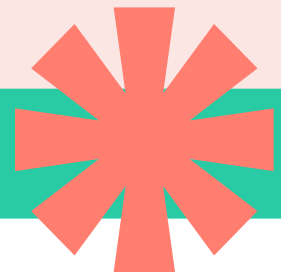
Take a moment to reflect on this experience, your relationship with this person, and how sharing gratitude has enriched your life.

Go to page 18 to explore a few reflection questions on your gratitude experience.

Want to take it a step further?

Share your experience with others in your life so they too can join the *Say It Now* movement by doing their own expression of gratitude.

Use the hashtag #SAYITNOW to share your story on social media and tag four friends to do the same.



Gratitude Expression Option 1. Action 3.

Write Your Letter

Here are a few tips on writing your gratitude letter.

Be specific

When you write about specific moments or events that left an impression on you, don't forget to share what those specific moments were. How did it make you feel and why was it important to you?

Think about where you were, what they did, why you want to show gratitude, and how they have impacted your life. You want to write the same way you speak, as if you were speaking to them directly. Don't forget, you are sharing a unique perspective on a shared experience!

Use simple and easy to understand language.

Show your gratitude

When you reflect on what you are grateful for, tap into your emotions and memories to create a connection to those involved.

Idea

Share a photo of you and the person you are writing this letter for, or a picture that is meaningful to your gratitude experience.

Don't forget to add the date to the letter. This way the reader can always look back and remember when you wrote the letter for them.

Edit your letter

When you have finished your letter, give yourself a break and then come back to it. This way you can use a clear mind to make any changes you wish to make.

Remember, be heartfelt and sincere throughout your letter.

Handwritten letters are always a great option because it is often viewed as an extension of yourself – a personal touch in a digital world.

Gratitude Expression Option 1

Written Expression Example One



**Dear
Dad**

Thank you for being the greatest dad. Since I was little, I loved how you have always been there for me. All the soccer games you attended, the birthday parties you planned, and the community bbq that you threw for everyone.

I remember the day you said you wouldn't make it to my game, but somehow you made it happen. I admire that you are always honest, sincere, and hard working. Whatever happens, you always find a way to be there for me, as a support and guide.

You have taught me that being kind and generous without expecting anything in return is the key to happiness. You have also helped me be a great friend because you are a great friend to me.

I wish you happiness, health, and more adventures with me and those who you love.

Love,
Adam

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Gratitude Expression Option 1

Written Expression Example Two

Honoring you

Dear Mrs. Singh,

You were the best teacher I had in high school. When I started grade 9, you were the first teacher who asked me how I was doing and always checked in to see if I needed any help. I appreciate your kindness, smile, and generosity. Thank you for making my first year in high school so memorable. I was super scared to move to a new city, school, and start all over. Your kindness and time really helped me feel safe and comfortable.

I wanted to share that I have successfully been accepted to the college of my dreams. Thank you for teaching me how to be resilient and work hard through any challenges. Most importantly, how to balance school, family, personal, and friends. You taught me that I am the captain of my life, choosing how I want to sail my boat, even though there are things I cannot control, like the weather or winds, but I should continue sailing forward and be prepared for any storms or sunshines.

Thank you!! I wish you a beautiful year filled with love!

*Sincerely,
Mariana*

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