

Gratitude Expression Option

VERBAL EXPRESSION

“Be grateful for whoever comes,
because each has been sent
as a guide from beyond.”

Rumi

Why wait? Deepen your relationships through the power of gratitude and quality time.

Reconnect with others and support your overall well-being by spending time with others. Check out some examples found on pages 23-24.

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

Action 3.

Plan your verbal expression

Once you have thought about what you want to say, you are ready to put it all together. Check out these tips for writing your expression down on page 22.

Action 4.

Meet up

Set a time and day to meet with the special person and your gift of gratitude. Let the magic of gratitude unfold!

Action 5.

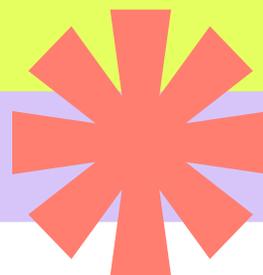
Post-reflect

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 for some 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 2. Action 3.

Plan Your Verbal Expression

Write it out

Using your answers from the thought-starter questions and write or type out your gratitude message for the special person you are planning to meet.

Tip

You can begin by sharing a challenging moment you experienced and how you overcame it with their support. Or you can begin with stating your intention for the meeting and why you decided to connect with them.

Remember, there is no right or wrong way of how you want to start and share your gratitude. Pick a flow that feels comfortable and easy.

When you are sharing moments or events that left an impression on you, don't forget to share what those specific moments were, how they made you feel, and why it was 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. Use simple and easy to understand language.

Plan a time together

Reach out to set a date and time with the person. You can meet at a coffee shop, restaurant, invite them over, or even connect via a phone call or any digital video platform.

If you wish to keep your gratitude expression a surprise, simply say that you want to reconnect and catch up.

Make it memorable

Cherish the time together by maintaining your attention on the person, using your listening skills, and sharing your gratitude through a hug – with permission of course!

Take a picture of that moment together and discuss how the experience made you both feel.

Gratitude Expression Option 2 Verbal Expression Example One

To Sidra,

“

Gratitude is a moment of appreciating someone who has impacted you. You have been my friend since grade 11 and I am grateful for our friendship. Thank you for helping me with those crazy hard assignments! Thank you for the fun times in the summer you have always motivated me to be more confident and driven and you always listen to my problems and help me find solutions. Thank you for being the sunshine in my life!

”

“

There are so many things I appreciate about you, from your smile, to your kindness and how you can support others so easily. I wrote a small poem to share with you the impact you have made in my life!

You are an amazing friend. Your bestie, Alex

”

Gratitude unlocks sunshine in your life.
The way you have been is so beautiful for my eyes.
Your guidance and smile removes all gloom.
And fills my heart with flowers that forever bloom.
You have supported my world like a ray of light.
Thank you for being kind, loving, and so bright.
I wish you love, happiness, and peace. The way you have given me the same with such ease.

Gratitude Expression Option 2. Verbal Expression Example Two

Thank you!

“ I really appreciate you
Your helpful, giving ways
How your generous heart and
Your unselfishness displays.”

“ I thank you for your kindness
I will not soon forget
Your one of the nicest people
I have ever met.”

To a friend, brother, and an amazing human being. Thank you for always having my back, being a positive influence in my life, and sharing your wisdom.

You have helped me learn that challenges in life are growing opportunities. You were there for me during all the tough days. I wish you nothing but success. Hope you like my artwork that represents everything I admire about you!

From: James Robinson