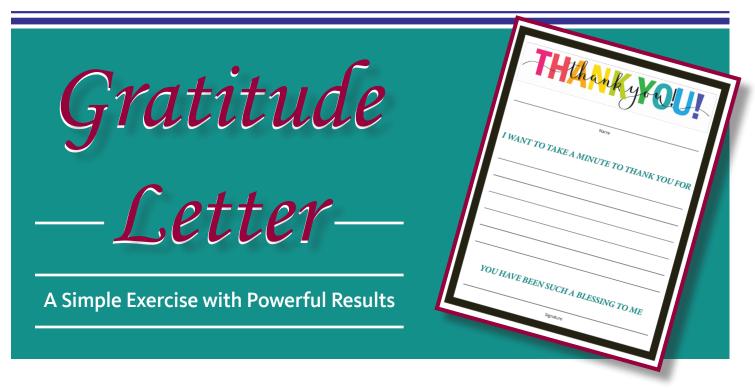


LIVING THE PLEDGESelf Care for Safe Care



Writing a short letter of Gratitude can increase your hapiness for up to 6 months.

There is never a time like the present to thank someone who did something for you for which you are grateful but to whom you never expressed your gratitude. It is simple:

- 1. Write a letter to that person.
- 2. Describe specifically what they did, why you are grateful, and how they affected your life.
- 3. Deliver your letter to that person or call them and read it to them.

See example on the back to write a gratitude letter today.

Happiness is Contagious – Pass It On!



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I wanted to take a few minutes to thank you. It might be surprising to get a Gratitude Letter out of the blue, but I wanted to tell you why I am grateful for you.

Why I am grateful for you.	
How you have impacted my life.	

Thank you again – you are a special person. I feel lucky to have you in my life.

Sincerely,

