



LIVING THE PLEDGE
Self Care for Safe Care

Gratitude Letter

A Simple Exercise with Powerful Results



Writing a short letter of Gratitude can increase your happiness 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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Dear

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,

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