



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.

It's not happiness that brings us gratitude.  
It's gratitude that brings us happiness.

*Happiness is Contagious – Pass It On!*

