

Gratitude Letter



PAGE 1: Overview

PAGE 2: Activity

PAGE 3: Example

How long does it take?

10 minutes

How do I do it?

Write a letter to a person who has influenced your life in a positive way. This could be a teacher, relative, mentor, or coach. If you can, read your letter aloud to the person you chose.

How does it work?

Gratitude letters help you focus on the positive influence of another person in your life. This reminds you that someone cares about you, and that you matter. In addition, reading the letter to your chosen person can be a powerful experience for you and the recipient—more than you originally expected.

Consider the following:

- *What do you most remember them doing or saying?*
- *What is an important memory or experience from your time with them?*
- *How would your life be different if you hadn't met them?*
- *What character strengths do you most appreciate most about them?*
- *What makes them special and important in your life story?*

Inspired by: Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410-421.

Gratitude Letter

CharacterLAB

EXAMPLE

Dear Coach Brownfield,

I wanted to thank you for everything you've done for me this year. I've had a lot going on at home and my classes have been really challenging. But you have been so kind and understanding during all of my hardest moments.

States impact on author

Points to positive impact on others

I know you have a lot of kids who come to you and talk to you about issues they are facing because you are good at listening and helping them figure out what to do. And I know you have a lot to do as a coach and a teacher. But every time I came to talk to you or just needed a smile and a joke, you made the time for it. When I was in class and you could tell I was down, you checked on me before you went into helping me do the work.

Specific memories

There have been some days this year when I didn't want to deal with anyone and didn't want to come to school at all. But I knew you would want me to try my hardest and get to class if I could. Knowing there was someone as kind as you at school made it easier to get on the bus on those days.

Directly names how life changed for the better

Allen S.