

# Letter of Thanks

As you work to build strong relationships and connections, remember to give thanks to those in your life. One study has shown writing and personally delivering a letter of gratitude to someone, you had never been properly thanked, provides an immediate increase in happiness. Let's give it a try!

- 1** Think about someone who has done something for you, and you never properly thanked them.
- 2** In a quiet space, sit down and write a letter sharing how their friendship has helped you.
- 3** You can either hand deliver or mail the letter.



How did this activity make you feel, physically, mentally or emotionally?

Was it easy, challenging, or a bit of both?

Do you think you will do this again or encourage another person to try it? Why or why not?