

GRATITUDE LETTER

WHAT'S THE POINT?

There is good science out there that shows that writing down the things we are grateful for can release the feel-good chemicals serotonin and dopamine into the blood stream. Random acts of kindness can add to the release and make others feel good too. What's not to like?

LET'S DO IT!

Use this page to write a letter to someone to say thanks for something. It could be someone you met yesterday. Or a teacher from school you haven't seen for 20 years...

We have left the reverse of the page opposite blank. That way you can rip out the whole page and send it to the person you are grateful to, without losing any other content. Or use it to write a longer letter if you have a lot to say "thanks" for!



Dear...



"I REGARD GRATITUDE AS AN ASSET AND IT'S
ABSENCE AS A MAJOR INTERPERSONAL FLAW."
MARSHALL GOLDSMITH

IF I WAS GOING
TO BE AT MY MOST
HAPPY AND MY MOST
PRODUCTIVE, WHO SHOULD
I SPEND MORE AND WHO
SHOULD I SPEND LESS
TIME WITH?



REFLECT & QUESTION

What emotions did writing this letter evoke?

Pause and notice... How do you feel now?

How would you feel if you received a similar letter in the post tomorrow?

What small actions could you take today that might grow into you receiving such a letter in the future?



PARTING SHOT

For additional brain boosting chemicals, take a picture when you are done, track them down on social media and send it as a photo? Or rip out the page and send it snail mail.

