



THE GRATITUDE LETTER

One of the most impactful activities from positive psychology is called The Gratitude Letter. To earn a gold star, there are three parts for this activity:

- 1) handwrite a letter to someone you need to express gratitude to for some action, opportunity, or support given to you;
- 2) set up an in-person, face-to-face meeting with them without explaining why; and
- 3) read them the letter and then give them a copy. Now that's the gold star version, but, as with any activity, there are still ways to do it effectively if you can't visit in person; however, texting is one of the least effective ways to communicate with someone, especially when conveying something big like this.

A virtual meeting is better than a phone call, and either of those are better than a text.