









## Letters of Gratitude

	<b>Objective:</b> To cultivate deliberate gratitude and thankfulness.
	<b>Time Requirements:</b> a. Preparation: 0-5 minutes b. Activity: 10-15 minutes
	<b>Items:</b> a. Practicing Gratitude Activity Handout b. Blank A4 sheets of paper/ruled writing paper c. Envelopes (Optional)
	<b>Learning Outcomes:</b> a. Enhanced ability to cultivate thankfulness and gratitude for one's circumstances (EI Subskill 2: Managing Own Emotions; EI Subskill 4: Using Emotions)
	<b>Key Learning Point:</b> Cultivating gratitude is a powerful way to cultivate authentic happiness.
Self-Disclosure: **	
Difficulty: Intermediate	

### Instructions

1. Begin the activity by getting participants to think about individuals in their lives which have helped contribute towards the things they are grateful for. Participants may also state that they are grateful towards parents, partners, siblings, colleagues or managers – just to name a few.
2. Tell participants that you would like them to write a letter expressing their gratitude towards an individual they feel gratitude towards. This can be to their parents, a family member, their partner, or someone whom they feel thankful to have known and have/had a relationship with. Give participants the blank A4 sheets of paper/ruled writing paper and the Practicing Gratitude Activity Handout which they can refer to for ideas on how to write their letter. Allow 10-15 minutes for the participants to write the letter expressing their gratitude to the individual.
3. When participants have finished writing their letters, you can offer to post the letters for them. Distribute envelopes to the participants and ask participants to place their letters inside, and write the addresses they wish their letters to be sent to.

	<b>Reflection Questions:</b> a. How did writing the letter of gratitude make you feel? b. What other steps can you take to cultivate gratitude in your life?
	<b>Further Reading and References:</b> a. Toepfer, S. M., Cichy, K., & Peters, P. (2012). Letters of gratitude: Further evidence for author benefits. <i>Journal of Happiness Studies</i> , 13(1), 187-201. doi: 10.1007/s10902-011-9257-7
	<b>Note:</b> a. In some cases, participants may be thankful to someone who is no longer alive, or thankful for a Higher Being or Power. If this is the case, ask participants to think about how these individuals or how the Higher Being as inspired or motivated them to be better individuals.