

GRATITUDE LETTER

Taking time to reflect on what's gone well in our lives gives us the gift of gratitude. The world will always show us both good and bad, but if we take time to be thankful for what we do have, we begin to free ourselves from negative influences and find our true purpose.

This activity was first developed by Dr. Martin Seligman, sometimes called the founding father of positive psychology. It's a letter-writing exercise that he found very successful in helping people feel better about their lives. Your task is to write a letter of gratitude to your loved one. It should explain what they did for you and how it changed your life.

Now, write a letter to your offspring, guided by the following steps.

- Write as though you are addressing this person directly (“Dear _____”).
- Don't worry about grammar or spelling.
- Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.
- Describe how you often remember their efforts.
- Try to keep your letter to roughly one page (around 300 words).

