

*"Feeling gratitude and not expressing it is like wrapping a present and not giving it."
-William Ward*



positivity.project@oregon.gov

EXPRESSING GRATITUDE



15-30 min



1 Week



Alone; 1:1

Fold me

Fold me

THE WHY

Gratitude is an evidence-based, positive activity that can enhance life and make it more satisfying.

According to Dr. Martin Seligman, a leading authority on positive activities, "When we feel gratitude, we benefit from the pleasant memory of a positive event in our life."

Research shows engaging in gratitude leads to increases in well-being for the individual expressing the gratitude. Specifically, a gratitude visit can have an immediate effect on happiness.

HOW TO DO IT

1. Think of someone who impacted your life that you've never had a chance to thank. This should be someone that you could meet face-to-face.
2. Write a letter of gratitude to them. This letter should be concrete - thanking them for specifically how they helped you.
3. Call or text them and arrange a time to deliver the letter.
4. If you want, over the next five days, refine the letter.
5. On day seven, deliver the letter in person.

Dickens, L. (2017). Using gratitude to promote positive change: A series of meta-analyses investigating the effectiveness of gratitude interventions. *Basic and Applied Social Psychology*, 39, 193-208. doi: 10.1080/01973533.2017.1323638

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60, 410-421. doi: 10.1037/0003-066X.60.5.410

DO IT

Use the space below to draft your gratitude letter

