

Gratitude Letter

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Feeling into and expressing our gratitude is a powerful practice that offers a range of different benefits.

Studies have found that gratitude improves psychological wellbeing, increases empathy, reduces the power of difficult emotions, and improves our relationships (among countless other benefits).

One simple and effective way we can practice gratitude is through writing a gratitude letter, letting someone we appreciate know how we feel about them.

PRACTICE:

1. Bring to mind someone who you feel appreciation for. Consider a person who has supported you in some way (or many ways) and yet who you have not fully (or recently) thanked.
2. Before writing, consider the multitude of gifts, qualities, and offerings this person embodies or has expressed. What is it about them that makes you feel thankful for their presence in your life?

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NOTE:

Our relationships are often complex. Calling to mind all the things we are grateful for in a person does not mean there aren't challenges in that relationship. For instance, you may feel immense gratitude for your mother or father while you are also working on establishing certain boundaries with them. As you write this letter, put aside your differences and know that you can still navigate the complexities of your relationship as you move forward.

3. Begin writing your letter to them, putting to paper all of what you appreciate about them. Consider not just what they have done for you but also who they are and what they offer to others.
4. Take your time to write this, knowing you do not have to complete it in one sitting. By the end, your letter should be one to two pages in length.
5. If it is possible to meet with this individual in person, arrange a meeting so you can hand deliver the letter. If it is not possible to be with them due to distance, send the letter to them in the mail.
6. Be open to however this letter may be received, expecting nothing in return. This letter is already a gift to you both.

Write a gratitude letter below: