Gratitude: Gratitude is a positive emotion that comes from recognizing an unexpected act from another individual, the presence of nature, or higher power.

Benefits of:
* Improves friendships
* Allow for positivity and optimism
* Reduces materialism
* Improves self-esteem

Gratitude is not only the greatest of virtues, but the parent of all the others.
- Cicero

My Letter of Gratitude

Dear ________________.

I just wanted to take the time to thank you for

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

This made me feel

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

This has changed my life by

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

Sincerely,