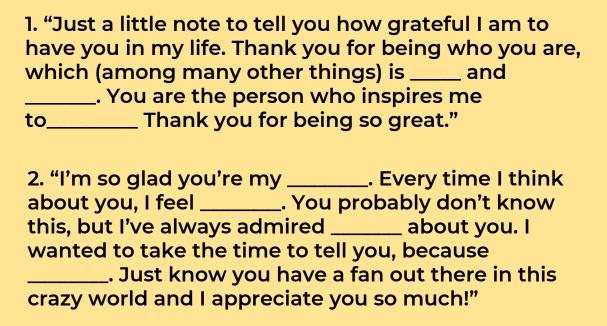


Letter of Appreciation Prompts

Think about the different people who have made a difference in your life.



3. Think of a time when you felt a strong bond with someone in your life. Choose a specific example of an experience you had with this person where you felt especially close and connected to him or her. This could be a time you had a meaningful conversation, gave or received support, experienced a great loss or success together, or witnessed a historic moment together.

Once you've thought of a specific example, spend a few minutes writing about what happened. In particular, consider the ways in which this experience made you feel close and connected to the other person.

