



LETTER OF APPRECIATION PROMPTS

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

1. “Just a little note to tell you how grateful I am to have you in my life.

Thank you for being who you are, which (among many other things) is _____

and _____. You are the person who inspires me to _____

Thank you for being so great.”

2. “I’m so glad you’re my _____. Every time I think about you, I feel _____. You probably don’t know this, but I’ve always admired _____ about you. I wanted to take the time to tell you, because _____. Just know you have a fan out there in this crazy world and I appreciate you so much!”

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.