

Expressing Gratitude to Others

1. Make a list of all the people who have positively impacted your life and who inspire a sense of gratitude.
2. Choose one or more people to whom you can demonstrate your appreciation.
3. You can choose to write a letter or a card, handcrafting a gift, inviting them for a coffee or a meal or anything that you think would be appropriate. Be creative!
4. Arrange a date and time to meet up, it can be either in person, call or video call.
5. When you meet up with this person, express your gratitude by reading what you wrote to them or explaining the reason for meeting up.
6. You can do this as many times as you want with different people.
7. To take this a step further, you can set a reminder for yourself to express gratitude everyday to people you interact with, including acquaintances and strangers.

Adapted from:

- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377–389.
- Seligman, M. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410–421.

By Daniela Ramirez-Duran, MAPP