

Gift of Gratitude

Sending Thanks & Well Wishes



Express your appreciation for your family, friends and loved ones this season by sending them a thoughtful note. Let's create a culture of kindness and encourage them to pass on the gift of gratitude and its many benefits that are outlined below.

Benefits of Gratitude

- Increases optimism and life satisfaction
- Builds community and deepens relationships
- Increases joy and reduces loneliness
- Supports optimism by knowing that others are there for us

Source: Research by Robert A. Emmons PhD

Dear: _____

We have known each other since: _____.

Three qualities I admire about you:

1. _____

2. _____

3. _____

I am glad that you are in my life because:

_____.

Today I wish you: _____.

Sincerely: _____