NOVEMBER GRATITUDE · 2026

# The Gratitude Letter

*Think of someone who made a real difference in your life and never fully heard how much. This is your chance to tell them.*

### Step 1: Choose Your Person

A teacher, mentor, friend, relative, neighbor, coworker, or caregiver: someone whose kindness or support shaped you. They can be near or far, recent or long ago.

### Step 2: Write Your Letter

Use these prompts as a guide. Aim for about one page, written in your own voice.

**Dear** *(their name),*

**I've been thinking about** *a moment or time you shared…*

**What you did for me was** *describe it specifically…*

**It made a difference because** *how it affected your life then…*

**Because of you, today I** *how it still affects you now…*

**I want you to know** *what you most want them to hear…*

**With gratitude,**

### Step 3: Share It

- **Deliver it in person** and, if you're comfortable, read it aloud. This is often the most meaningful choice.
- **Mail it** as a handwritten letter they can keep.
- **Read it by phone or video** if distance is a factor.
- **Keep it for yourself** if the person has died or can't be reached. Writing it still honors them, and many people find it healing to read at a grave, a special place, or a holiday gathering.

> **Short on time? Try three gratitude texts.** Send three people one sentence each: "I'm grateful for you because…" Specific thanks lands deeply, even in a text.