

Think of someone you are grateful for, someone who helped you, inspired you, educated you, loved you, etc. You are going to express your gratitude toward that person. Remember that recalling and rehashing your thankfulness is said to increase your happiness; consider sharing your letter with the recipient to further increase that happy feeling. This prewriting sheet is intended to help you plan your letter.

Who is your recipient?

Can you list 1-3 specific things this person did to, with, or for you to make you grateful for them?

Can you identify exactly how this person has impacted your thoughts, feelings, life?

Tips for writing:

1. Be as specific as possible -- both with what caused your gratitude and how it impacted you.
2. Go for depth, not breadth.
3. Get personal.
4. Proofread.