

Kick Off Your *Gratitude* Campaign

Welcome the holiday season with a gratitude campaign! Show friends, family and neighbours how much they mean to you with the following activities.

Write Letters



Write two or three letters per week to share gratitude for those in your life.



Identify 10-12 people to write to this month.



Set calendar reminders to pick up the pen!



Mail the letters as you go, so you have less to address and send at a time.


Formula for All-Star Note Writing

- ✓ Close your eyes and visualize the person.
- ✓ Describe their value in your life.
- ✓ Consider their personal experience and what's going on for them.
- ✓ Ask yourself, "How can I make this person's day?"
- ✓ Keep it short and sweet.

Send a Gratitude Gift

Say thanks to friends or family members for being in your life with a small appreciation gift, like a:

- Digital gift card for coffee.
- Pie for Thanksgiving.
- Pizza delivery.
- Batch of fresh-baked cookies.



Have the gift delivered straight to their door (like a pizza or pumpkin pie from your favourite bakery), or drop it off on the porch or mailbox — just make sure to send a heads-up!