

Gratitude Visit

A Gratitude Visit is a way to express your deep appreciation and gratitude to someone who has made a big difference in your life. For example:

- Being thankful to the person who cooked for you.
- Being thankful for the person who takes care of your health.
- Appreciating the person who cleans your house.
- Acknowledging your junior at work for taking the initiative to ease your workload.
- Being grateful to yourself for your financial independence.

Studies show that paying a Gratitude Visit at least once every two weeks is positively associated with longer term happiness.

So what are you waiting for?
Plan a Gratitude Visit today!

Here's some tips to get you started.

1. Who would you like to pay a 'Gratitude Visit'?

2. Think about how you'll visit. For example:

- a) send a text
- b) send a letter
- c) call them on the phone
- d) go in person

3. When would you like to pay them this visit?

4. Use the following to help you prepare.

- a) Write down all the things the person has done that has touched your life? List them below.

1. _____

2. _____

3. _____

4. _____

5. _____

- b) What do you feel while thinking about the list you just made?

5. Now that you have reminded yourself of all the things the person has done for you, here are some words that can help you get started when expressing your gratitude:

- "I cannot thank you enough..."
- "Words can't express how much you mean to me..."
- "I am more grateful to you than you'll ever know..."
- "I'm eternally grateful..."
- "You have my deepest thanks..."
- "I'll never forget your support and kindness..."