

MODULE 6 ACTIVITY

Thank You Notes

Writing thank-you notes can help you express gratitude and broaden your attention to the positives in your life. Use this exercise to walk through the basic steps of the practice, then take some time to determine how you can keep it up in your daily life.

Part 1: Practice

Think about a recent action taken by someone or an experience you had that deserves praise and recognition. You can also choose something you have done or an experience you created for yourself. Write about the situation below.

Write a note on a sticky pad, email, sheet of paper, or, if you intend to share this note in person or over the phone, think about what you would say. If you are writing a gratitude note, make sure you include how your life would be different without that person, event, action, or experience.

Complete the prompts below to build your implementation plan:

I will deliver this message to:

HOW I will deliver it:

WHEN I will deliver it:

WHERE I will deliver it:

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Part 2: Follow Up (*Complete after delivering the note*)

Complete the following prompts:

After delivering the note, I noticed that I felt...

I will/will not continue practicing because...