



GRATITUDE VISIT



GRATITUDE VISIT

We need people in our lives with whom we can be as open as possible. To have real conversations with people may seem like such a simple, obvious suggestion, but it involves courage and risk.

— *Thomas Moore, Poet*

This simple exercise is bound to make your life a little happier and more satisfying. So often we feel gratitude but express it in a way that doesn't quite capture what we mean. Our thank you can come across as empty or we say it too quickly that it loses depth. Here is an opportunity to express your gratitude in an intentional and thoughtful way.

Why gratitude is important:

- Builds trust and compassion
- Improves relational connection
- Increases positivity
- Highlights good memories
- Strengthens bonds
- Makes others feel loved
- Fills your love tank

WHAT TO DO

Step 1: Spend some time thinking about two specific people who have had a positive impact on your life.

Step 2: Recall and write down a few valuable moments experienced with each person. Think about:

- **The role they play in your life**
- **Positive traits in them**
- **Lessons they have taught you**
- **Meaningful and positive actions they have taken**
- **Key life moments you have shared with them**



Step 3: Organise a Gratitude Visit to tell them how you feel.

- **Set a time and date for a phone/video call or moment alone in the house**
- **Read the gratitude letter before you see them**
- **Put away any distractions**
- **Don't rush the visit**
- **Try to be fully present**
- **Mean what you say - if you don't, people can tell!**



LETTER TEMPLATE

If you need a hand coming up with something to say, below is a template with a few prompts to help you.



Dear _____

I have spent some time thinking about how grateful I am to have you in my life and I thought now would be a good time to share this with you.

You showed me compassion when ...

You gave me a sense of belonging when ...

You spoke truth into my life when ...

You challenged me when ...



You made me feel safe when ...

You showed belief in me when ...

I knew I could trust you when ...

You gave me practical support when ...

You gave me emotional support when ...

I am truly grateful for all that you are and all that you've done.

Warmly,

