



# Writing for Gratitude

**Gratitude** is the quality of being thankful or the feeling of appreciation. Research has shown that showing gratitude can improve our well-being. You can reflect on your feelings of gratitude by writing about them.

To explore gratitude, try one or more of these:

1. Write about at least three things or people you're grateful for and why.
2. Brainstorm below a list of things and people you're grateful for. Exchange your gratitude list with a friend via e-mail or text. Discuss what you have in common, and what surprises you.
3. Think of a time when you felt especially grateful, and write about that time in as much detail as you can remember.
4. Write a letter from your future self to your present self, imagining everything that you would like to be grateful for.
5. Share what you've written for any of the above on Instagram, and tag *@YpsiWrites* and *@WishYouKnewWashtenaw!*

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