



One of the most helpful practices of gratitude is writing a gratitude letter to a person who has made a positive impact on your life. For some it has increased their happiness for months afterwards.

Imelda found great benefit from writing such a letter:

At one point I wrote a gratitude letter to my nanny and my dad who have both passed away. It was all about what I missed about them. I got so emotional, it wasn't sad emotions, it was all the good memories that I had, and I wished I had thought of writing this before. I started bawling because I remembered my dad's bad jokes, my nanny's ice-cold hands and her minding me and I am so glad to have those memories.

Writing a gratitude letter to someone who has been good to us or who has inspired us gives us an opportunity to focus intensely on how someone else went out of their way to support us at a particular time in our lives.

Write a Gratitude Letter to someone who you feel has inspired you or supported you at an important time in your life: to someone you admire, someone who has passed on, a pet or a coach.

Afterwards, if you want to increase your wellbeing further, send it to them, read it out to them or tell someone else about this. You'd be surprised by the positive response you get!

E.g. Dear I want to thank you for the time you played with me in the back-garden, I still remember how well we got on and how I felt accepted by you at a time that was difficult for me