

IF YOU ONLY DO ONE THING

Gratitude Note

Think of someone who has made your life better. It may help to close your eyes and see the first person who pops into your mind when you think of someone who has had a positive influence on you. Now find time to write a thank you note to the person, a note of gratitude. Make it specific and detailed, not just a generic thank you. It should be at least a page of writing, about 300 words. Now to make it stick, to make it even more meaningful, deliver the note in person and read aloud. Arrange a time and place to meet with the person where you can express your gratitude. Read the note to them, or if you're artist, sing it to them! Seligman's research tells us, you will be feeling happier and less depressed one month after doing this. We're guessing the person who you deliver your message of gratitude to will also benefit!