



**Day 17: Here's a really important day and if you don't do any of the other activities (on top of your daily gratitudes) then DO THIS ONE.**

- 1.) Start with writing down your 10+ things for which you're grateful focusing on the PEOPLE in your life. What have people done/said/helped with lately that you are grateful for?
- 2.) Write a letter to someone explaining why you are grateful to them. They can be alive or not. You can share it with them, or keep it to yourself. Just write the letter. Write it to someone who has had a big impact on your life (popular options are: parents, kids, siblings, spouses, teachers, aunts/uncles, cousins, best friends, etc.) and be as specific and sincere as possible. Read it to yourself when you're done, and if you're up to it, send it or read it to the person (if possible/they're alive) too.

NOTE: Expect to cry during this exercise, especially if you read the letter to the person it's for/about. This can be very powerful. I really hope if it's someone who is alive, that you read it to them.