

Challenge

GRATITUDE



STEP 1: THINK OF A SPECIAL PERSON

Think of all the people that are in your life, including your closest friends and family, but also people that you are not so close with or not anymore. Who are you grateful for that he/she/they is in your life? Why is that? What makes this person so special for you?



STEP 2: WRITE A 'THANK YOU' MESSAGE

This message can be a WhatsApp text, a DM or an email. An old-fashioned letter or postcard is even better if you want to execute step 3. In this message, thank them for whatever it is they do or did for you. Whether that is intentional or not. Take your time composing this text, even revisit it after some days and rewrite parts of it if needed.



STEP 3: READ IT OUT LOUD (if you dare!)

Visit the person in question and read your message to them. Yes, that is awkward and yes that is quite unusual, but do it anyway. You will see that both you and the other person will appreciate it. Of course, you could also videocall.

