

WRITE YOUR GRATITUDE

Choose five people who changed the course of your life. For each person, connect the moment, your response, and the change that followed.

1

I am grateful to _____ for _____

Because of this, I _____

This changed my life by _____

2

I am grateful to _____ for _____

Because of this, I _____

This changed my life by _____

3

I am grateful to _____ for _____

Because of this, I _____

This changed my life by _____

4

I am grateful to _____ for _____

Because of this, I _____

This changed my life by _____

5

I am grateful to _____ for _____

Because of this, I _____

This changed my life by _____

THANK THEM

When you have finished writing all five stories, find a quiet place and close your eyes. Bring the first person to mind. See their face and remember the moment you described.

Then mentally tell them what their words, actions, or presence ultimately brought into your life. Thank them sincerely. Take your time, then move to the next person until you have completed all five.

ONE FINAL QUESTION

How much of what I have in my life today exists because someone, somewhere along the way, gave me exactly what I needed at that moment?

IF YOU FEEL CALLED TO, TELL THEM

After completing this exercise, you may feel a genuine desire to thank one of these people personally. If you do, follow that impulse.

Call them. Send them a message. Write a letter. Tell them what you remember, what their words or actions meant to you, and what changed in your life because of them.

We rarely know the full impact we have on another person's life. Something we said almost casually may have become a turning point for someone else. Receiving that gratitude years later can be deeply meaningful.

People who have done this exercise have shared remarkable stories about what happened when they reached out. Sometimes it reconnects people after many years; sometimes it creates a moment of unexpected warmth and joy. And sometimes it simply gives another human being the precious opportunity to discover:

"Something I did made a difference in someone's life."

If you genuinely want to say thank you, don't leave it only on the page.