

# Kick Off Your *Gratitude* Campaign

Welcome the holiday season with a gratitude campaign! Show friends, family and neighbours how much they mean to you with the following activities.

## Write Letters



Write two or three letters per week to share gratitude for those in your life.



Identify 10-12 people to write to this month.



Set calendar reminders to pick up the pen!



Mail the letters as you go, so you have less to address and send at a time.


### Formula for All-Star Note Writing

- ✓ Close your eyes and visualize the person.
- ✓ Describe their value in your life.
- ✓ Consider their personal experience and what's going on for them.
- ✓ Ask yourself, "How can I make this person's day?"
- ✓ Keep it short and sweet.

## Send a Gratitude Gift

Say thanks to friends or family members for being in your life with a small appreciation gift, like a:

- Digital gift card for coffee.
- Pie for Thanksgiving.
- Pizza delivery.
- Batch of fresh-baked cookies.



Have the gift delivered straight to their door (like a pizza or pumpkin pie from your favourite bakery), or drop it off on the porch or mailbox — just make sure to send a heads-up!



# A Time for *Reconnecting*

As part of your gratitude campaign, think about friends or family you haven't reached out to in a while and reconnect. Here are some activities to help you reach out and stay in touch more regularly!



## D.E.A.R. Time

This stands for “drop everything and read.” Pick a book or article series for you and a friend to read and schedule time weekly or monthly to chat in-person or via video call to share interesting takeaways.



## Watch a Show

Start a show you've both been meaning to watch, and talk about it over coffee or on a call!



## Plan a Trip

This is a great one for old friends living in different areas. Identify a destination you'd both like to visit, and start planning an adventure for the new year. You'll chat regularly and have something to look forward to!



## Recipe Swap

For friends who like to cook (or want to improve), set up a recipe swap. Hop on a call once a month to catch up and go over what you've been cooking. You might even make a meal together over a video call. This works for beverages too!

