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# GRATITUDE LETTER CHALLENGE

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## **Week 1: Gratitude for the Things and People in Your Life**

Day 1: Write a letter to someone who has recently given you a gift (it could be an item, a gifts of words, or gift of prayer.)

Day 2: Write a letter to a friend. Tell them why you are thankful for them.

Day 3: Write a letter to a family member you haven't talked to in a while. (Perhaps, one who you appreciate and wish you could see more.)

Day 4: Write a letter to someone who has taught you something.

Day 5: Write a letter to someone who makes you laugh and/or brings a smile to your face when you think about them.

Day 6: Write a letter to someone who inspires you.

Day 7: Write a letter to someone who has helped you, came alongside you, and/or stood by your side in good or difficult times.

## **Week 2: Gratitude for your Community and the People in It**

Day 8: Write a letter to a neighbor.

Day 9: Write a letter to a police officer or a firefighter.

Day 10: Write a letter to someone you see out in your community- librarian, school crossing guard, bank teller.

Day 11: Write a letter to your doctor or nurse.

Day 12: Write a letter to a veteran and thank them for their service.

Day 13: Write a letter to your mailperson or UPS delivery person.

Day 14: Write a letter to a chef, baker, or someone who has ever made you something delicious to eat.

## **Week #3 Gratitude for Life Circumstances (the good and difficult things)**

Day 15: Write a letter to someone who is battling cancer. <http://www.girlslovemail.com/miles-of-mail/>

Day 16: Write a letter to a stranger. <http://www.moreloveletters.com/the-letter-requests>

Day 17: Write a a foster youth. <https://braidmission.org/get-involved/cards-of-hope/>

Day 18: Write a letter to an elderly person. <http://www.lovefortheelderly.org/letters-of-love.html>

Day 19: Write a letter to someone who is in the military (active duty.) <http://signup.operationgratitude.com/letterwriting>

Day 20: Write a letter to someone who is imprisoned. <https://www.prisoneralert.com/>

Day 21: Write a letter to someone who is battling depression or metal illnesses. <http://www.lettersagainst.org/>

## **Week #4- Gratitude for Inspiration and Raising Up World Changers**

Day 22: Write a letter to your favorite author, leader, or pastor.

Day 23: Write a letter to someone who you has shared an adventure with you.

Day 24: Write a letter to a teacher, mentor, or coach.

Day 25: Write a letter to your spouse or a friend.

Day 26: Write a letter to your mom or an encouraging letter to A mom.

Day 27: Write a letter to your dad or an encouraging letter to A dad.

Day 28: Write a letter to your grandparent or an encouraging letter to A grandparent.

## **Week 5: Words of Encouragement**

Day 29: Write a letter of encouragement to someone younger than you.

Day 30: Write a letter of encouragement to yourself. You can hide the letter away for a certain amount of time or mail it to me and I will mail it back to you at a specified time. (Send me a message for details about mailing information. I will take care of the postage. :))

