

A letter to you

Date: _____

Dear _____

You've made the past few years better. Thank you.

I've had some real challenges to deal with recently, like ...

Think about some of the challenges you've faced over the past few years. If some of them are too painful to think about, feel free to reflect on other challenges you were able to get past or even overcome.

You helped me get through those challenges by ...

Think about some of the things this person did that made it easier for you to deal with those challenges, or just made getting through them more fun.

I'm grateful that you ...

Think of some nice things you can say to this person. What makes them unique?

I'm excited for the future because ...

What are you excited to do with this person over the next year? In the future, do you think that, because of them, you will be able to deal with problems in a better way than you have in the past? If so, why?

Thank you,

From _____