



A Letter to Someone Who Helped Me



Think of someone who has been there for you, believed in you, supported you, or helped you through a hard time. Take this time to say thank you.



1. Who helped me?

Who is this letter for?
It could be a friend, family member, teacher, mentor, counselor, coach, or anyone who has made a positive impact on your life.



2. What did they do that made a difference?

Think about the ways they showed up for you.

Dear _____,

Thank you. 

With gratitude,

3. What did I learn from them?


What did their support teach you or help you understand about yourself or life?



4. What would I like them to know?

What do you appreciate most? What words of thanks or recognition do you want to share?



People show up for us in different ways. Every act of kindness matters. 

5. Gratitude Reflection

How did it feel to write this letter? _____

 SUPPORT MATTERS.
 CONNECTION HELPS HEALING.
 YOU ARE NOT ALONE.



It's okay to take time to recognize the good. Gratitude can heal, strengthen, and uplift us all.

YOU MATTER. YOUR STORY MATTERS. 

