

# THANK YOU NOTE

BELIEVE  
THERE IS  
GOOD  
IN THE WORLD



Gratitude is about noticing and being thankful for the good around us—whether it’s a kind gesture, a fun place, or a supportive person. Expressing gratitude can lift our mood and strengthen our mental health. Write a quick thank-you note to someone who made a difference in your life.

**Tip:** Keep it simple! Tell them what they did, why you appreciated it, and how it made you feel.

**BONUS:** Share your note with them—it’ll brighten their day too!

DEAR, \_\_\_\_\_

Thank you for \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

