

# Gratitude Visit

Select one important person from your past who has made a major positive difference in your life and to whom you have never fully expressed your thanks. (Do not confound this selection with new-found romantic love, or with the possibility of a future gain.) Write a testimonial just long enough to cover one laminated page. Take your time composing this, as the importance to speak authentically about your gratitude for this person's actions and support person. If possible, invite that person to your home, class or travel to that person's home. It is important you do this face to face, not just in writing or on the phone. Do not tell the person the purpose of the visit in advance; a simple "I just want to see you" will suffice. Bring a laminated version of your testimonial with you as a gift. When all settles down, read your testimonial aloud slowly, with expression, and with eye contact. Then let the other person react unhurriedly. The purpose is to thank someone for the support or guidance they have provided us. When we thank others for their support and positive influence it not only makes them feel good, but we are likely to feel better too.