

Letters From the Heart**Letters of Gratitude**

Some people changed your life and never knew it.

Research on gratitude is clear and consistent: people who regularly express gratitude — even privately, even in writing — report higher levels of wellbeing, better sleep, stronger relationships, and greater resilience. The act of naming what we are grateful for rewires how we see the world.

But gratitude letters do something more than gratitude journals. They focus your attention on a specific person — someone who gave you something real. A teacher who saw something in you. A friend who showed up at the right moment. A stranger whose kindness you never forgot.

A NOTE FROM OUR FOUNDER

I am 97 years old. I have been the recipient of extraordinary kindness from many people across many decades. I wish I had written more of these letters when the people were still here to read them. Do not wait.

— Edmund F. Benson, Founder, Arise Foundation

Before you write: Think of one person who changed the direction of your life. What did they give you that you still carry?

If this program touched you, please consider a gift to Arise Foundation.

For 40 years, we have served older adults, caregivers, and care facilities — always free of charge.

Arise Foundation is a federally chartered 501(c)(3) nonprofit. Your gift is fully tax-deductible.

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Available in English, Spanish, and many other languages.

Date: _____

Dear _____,

[illegible]

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With deep gratitude,

Your name