



ENABLE EXERCISE #14

Expressing Gratitude

Current research has shown that expressing gratitude towards other helps increase subjective well-being in those who write down and share how someone special in their life has helped them to grow and learn personally and professionally.

Instructions for the Gratitude Letter:

Identify a person in your life who has had a meaningful influence on your progress or success on a particular career or life goal but has never really been thanked. Write a brief note expressing your appreciation for the gift or contributions they have made in your life and send it to them.