

## Gratitude

Gratitude is a powerful emotion – said by some to as giving meaning to life itself.

- Gratitude is the best attitude. ~*Author Unknown*
- Every time we remember to say “thank you”, we experience nothing less than heaven on earth. ~*Sarah Ban Breathnach*
- Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all. ~*William Faulkner*
- Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. ~*Henry Clay*
- There is no such thing as gratitude unexpressed. If it is unexpressed, it is plain, old-fashioned ingratitude. ~*Robert Brault*
- Most human beings have an almost infinite capacity for taking things for granted. ~*Aldous Huxley*
- Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~*Author Unknown*
- One can pay back the loan of gold, but one dies forever in debt to those who are kind. ~*Malayan Proverb*
- From those to whom much has been given, much is expected. ~ *Luke 12:48*

### INSTRUCTIONS:

1. **Turn to the final three pages in your Examination Book and title them:**
  - A. **People here** (i.e. in Minnesota or Wisconsin)
  - B. **People there** ( i.e. in your Host Country)
  - C. **Organizations** (here or abroad)
2. **Now reflect privately for a few moments about your exchange year. Think of some specific events, interactions, or experiences that really made it a special and memorable experience. Think about the people, groups and organizations that made those experiences possible. List at least three names or groups on each page. If you wish, share these names with the group.**
3. **Finally, review “How to write a thank-note” on the reverse of this sheet. Then using the note-cards provided, write at least three thank-you notes to people or groups in the US. Address the envelopes and seal the notes. Rotary will stamp and send them for you. Commit yourself to write similar notes to those in your host country.**

## How to Write a Thank-you Note

Nearly everyone finds it hard to write a thank-you note. It's just a short, and much-appreciated gesture, yet we still find it frustrating and even confounding but it doesn't have to be that way.

There are a million excuses: You can't find the right words; it sounds too corny or insincere; your handwriting is messy; you can't spell.... But once you get the hang of it, it gets easier, especially if you follow a few simple rules.



And once you get in the habit of sending hand-written notes, you'll be amazed at how much recipients appreciate them, and how many positive comments you'll receive in return.

For handwritten notes (as they always should be!), it is often best to do a first draft on your computer. There you can type and rearrange your thoughts easily. Once you're satisfied, then hand-copy it onto an attractive note-card.

Keep it brief, sincere, and to the point. Here are the key ingredients:

### 1. **Salutation**

*Example:* Dear [Name of person].

If "Dear" sounds too formal, use "Hi", i.e. "Hi Michelle!"

### 2. **Enumeration** of the gift or gesture

*Example:* Thank you for the lovely flowers.

Thank you for including me at your recent dinner party.

### 3. **Description** of how you the gift or gesture affects you.

*Example:* They really brightened my day.

I had a wonderful time making new friends.

### 4. **Appreciation** for the gift or gesture

*Example:* It was so thoughtful of you to think of me on my birthday.

It was great being included in such an interesting group of people.

### 5. **Acknowledgement** of giver's life or family

*Example:* Please give my best wishes to Tom and the kids.

Hope your trip to the Boundary Waters goes well.

### 6. **Closure**

*Example:* Warmest regards,

With much appreciation,

### 7. **Signature**

Legibly sign your name. If you have a personal Calling Card, include it.

That's it! Simple yet incredibly appreciated.

And don't forget the final and most important part – mail it! Via USPS (not email)!