

Week 2

Letter writing

It's been shown that letter writing has numerous health benefits, both physical and psychological. It's most potent when used to express emotion or reflect on life experiences.

Exercises:

- 1. What do I love?** – Think about someone or something you care deeply for. It might be a pet, hobby, possession, family member or friend. Jot down all of their positive qualities and the positive memories you recall.
- 2. Positive reminiscing** – Take some time to identify your life high-points. This might be achieving the big-ticket items like getting married or landing that dream job. It could also be the many little things that have made a significant contribution to your happiness, like meeting life-long friends or going on a memorable camping trip.
- 3. Letter from my future self** – Take some time to transform these lists into a "letter from the future", written by your future self. Try 5-10 years into the future. Acknowledge everything you've achieved in your life so far, noting the high-points, and then write about all the things you would like to see happen in your life, including your passion projects. Try to focus on the experiences and the associated emotions, past, present and future.



Exercises inspired by Dr Suzy Green, Positive Psychologist and Founder of the Positivity Institute.

Note: All exercises can be enhanced by finding a space to sit where you feel relaxed and inspired. It's also helpful to take a few moments to close your eyes and reflect thoughtfully before you write. Gratitude's power comes through preventing us from taking things for granted. So it's important these exercises don't become chores. These tasks can be undertaken daily or weekly.

