

"Thanks."

When you want your gratitude to really hit the spot

I want to thank you for...

Any meaningful gesture deserves a meaningful response. For optimal impact, add details. What made it special?



"Thanks."

When you want your gratitude to really hit the spot

The more I think about it, the more I'm realizing...

- ☐ how lucky I am.
- ☐ how hard you tried.
- ☐ how much you do for me.
- ☐ how obsessed I am with you.
- ☐ how much I've missed you.
- ☐ how much I love you.
- ☐ how much better I feel now.
- ☐ how generous you are.
- ☐ I need to step up my game.
- ☐ what you must have sacrificed.
- ☐ how glad I am that you insisted.
- ☐ I should have trusted you.
- ☐ I should have said yes sooner.
- ☐ I wouldn't have been able to do it without you.
- ☐ how impossible I was to reason with.

- ☐ what a huge difference you made.
- ☐ you were right all long.
- ☐ you're a lot nicer than I am.
- ☐ what a good influence you are.
- ☐ we need to do this more.
- ☐ how generous you are.
- ☐ how good you are to my family.
- ☐ how much you put up with.
- ☐ how often you look for ways to make me happy.
- ☐ I shouldn't have been afraid of your response.
- ☐ I could have done so much more.
- ☐ other



Because of you, I'm feeling...

- ☐ less anxious.
- ☐ protected.
- ☐ more confident.
- ☐ less lonely.
- ☐ safer, more secure.
- ☐ like I'm not so alone.
- ☐ taken care of.
- ☐ less weird.

- ☐ relieved.
- ☐ understood.
- ☐ more adventurous.
- ☐ more hopeful.
- ☐ more relaxed.
- ☐ like trying harder.
- ☐ like everything will be okay.

- ☐ inspired.
- ☐ calmer.
- ☐ blessed.
- ☐ a little guilty.
- ☐ spoiled rotten.
- ☐ less depressed.
- ☐ other

So thanks again for...

- ☐ being so generous.
- ☐ respecting our differences.
- ☐ being such a good friend.
- ☐ being so patient.
- ☐ letting me have my way.
- ☐ believing in me.
- ☐ challenging me.
- ☐ considering my needs.
- ☐ forgiving me.
- ☐ giving me another chance.
- ☐ being a good sport.
- ☐ not blaming me.
- ☐ not saying "I told you so."
- ☐ holding my hand.

- ☐ always being by my side.
- ☐ putting me first.
- ☐ taking the lead.
- ☐ taking me seriously.
- ☐ being a great teacher.
- ☐ respecting my autonomy.
- ☐ sticking up for me.
- ☐ asking the right questions.
- ☐ assuming the best
(even when I was at my worst.)
- ☐ helping me advocate for myself.
- ☐ other

Let me know if I've missed something important.**Signed:**