

GRATITUDE LETTERS 2026

JANUARY

Week 1/6:

Week 2/13:

Week 3/20:

Week 4/27:

FEBRUARY

Week 5/3:

Week 6/10:

Week 7/17:

Week 8/24:

MARCH

Week 9/3:

Week 10/10:

Week 11/17:

Week 12/24:

APRIL

Week 13/31:

Week 14/7:

Week 15/14:

Week 16/21:

Week 17/28:

MAY

Week 18/5:

Week 19/12:

Week 20/19:

Week 21/26:

JUNE

Week 22/2:

Week 23/9:

Week 24/16:

Week 25/23:

Week 26/30:

JULY

Week 27/7:

Week 28/14:

Week 29/21:

Week 30/28:

AUGUST

Week 31/4:

Week 32/11:

Week 33/18:

Week 34/25:

SEPTEMBER

Week 35/1:

Week 36/8:

Week 37/15:

Week 38/22:

Week 39/29:

OCTOBER

Week 40/6:

Week 41/13:

Week 42/20:

Week 43/27:

NOVEMBER

Week 44/3:

Week 45/10:

Week 46/17:

Week 47/24:

DECEMBER

Week 48/1:

Week 49/8:

Week 50/15:

Week 51/22:

Week 52/29:

Starting in Week 1, identify whom you will send a gratitude letter to. Record your progress to ensure you send it to someone different each week. Please think of the unique qualities this person has brought to your life, your gratitude for them, and how this makes you feel.

How you might start your letter:

I have been meaning to tell you how much I appreciate ...

I want to take a moment to let you know how special you are...

Provide a concrete action of what they did that made you grateful for having them in your life.

Identify a quality that they possess that you appreciate.

Share the impact they have had on you and your life.

Maybe they helped you through a difficult time, changed your perspective, or made you feel heard.

Tell them what your actions mean to you today...happy Gratitude letter...



Resilient Generations

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