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**FNDN 102 Personal Application Assignment** | Letter of Appreciation / Gratitude Visit

**INTRODUCTION**It is so easy to go through life without stopping to be thankful and express gratitude for life’s blessings. The purpose of this assignment is to remember those individuals who have positively impacted your life and to express that appreciation.

Current research suggests that gratitude can help in many areas of human flourishing such as:

***Psychologically:*** lowered negative states such as depression, social anxiety & stress (Kashdan and Breen 2007; Krause 2006).
***Mentally:*** helping you savor the positive experiences you have which enhances your sense of flourishing and lowers effects of daily stress (Krejtz, et. al,. 2016).
***Spiritually:*** greater sense of thankfulness and connection to the transcendent
***Relationally*:** showing gratitude to others will strengthen your relationships with family, friends, bosses and co-workers (Bartlett & DeSteno, 2006; Gordon et al., 2011).
***Physically & emotionally*:** doing a gratitude journal before bed can help you relax, reduce stress and fall asleep faster (Emmons & McCullough, 2003; Digdon & Kobel, 2011).

***Implementation practice:* Conduct a Gratitude Visit reading your Letter of Appreciation**

**PART 1 | Application -** Letter of Appreciation
Pick someone who has helped you or been especially kind to you, but you have never properly thanked. Write this person a one-page (minimum) gratitude letter. In your letter, thank this person for the contribution they have made to your life. Be specific and help the person understand how they have affected your life. To complete this process, you will need to read your letter to this person (in person is ideal but a video conference call or over the phone is acceptable). *Include the letter in the assignment but do NOT include the person’s name in the version you submit. You can refer to your mother or friend in your reflection, for example, but in keeping with privacy / ethics guidelines you should not include the actual first or last name of the person.*

**PART 2 | Reflection**After completing the letter and reading it to the person, write a one-page summary and reflection on your experience that responds to the following questions:

1. Why did you choose this person to write a letter of appreciation? How has this process impacted you? The person receiving the letter?
2. What impact did this have on your overall well-being?
3. What would you tell someone else who might want to complete the same exercise?

**Formatting** Each reflection should be one page in length and APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Please include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Gratitude Letter."  Submit in PDF Format or Word Format.

**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value (10)** | **MARK (10)** |
| Log/letter submitted  | 5 – half page or less / 7.5 – three quarter page or less / 10 - full | 10 | 10 |
|  |  | **10** | **10** |
|  |  |  |  |
| **REFLECTION** |  | **Value (35)** | **MARK (35)** |
| Questions answered | (3x1pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  |  | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value (5)** | **MARK(5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  |  | **5** | **5** |
|  |  |  |  |
|  |  | **50** | **50** |
|  |  | **5** | **5** |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |

**RELATED READING**

Krejtz, I., Nezlek, J. B., Michnicka, A., Holas, P., & Rusanowska, M. (2014). Counting one’s blessings can reduce the impact of daily stress. *Journal of Happiness Studies*, 17, 25–39. doi:10.1007/s10902-014-9578-4

Woodworth, R. J., O’Brien-Malone, A., Diamond, M. R., & Schüz, B. (2017). Web-Based Positive Psychology Interventions: A Reexamination of Effectiveness. *Journal of Clinical Psychology*, *73*(3), 218–232.