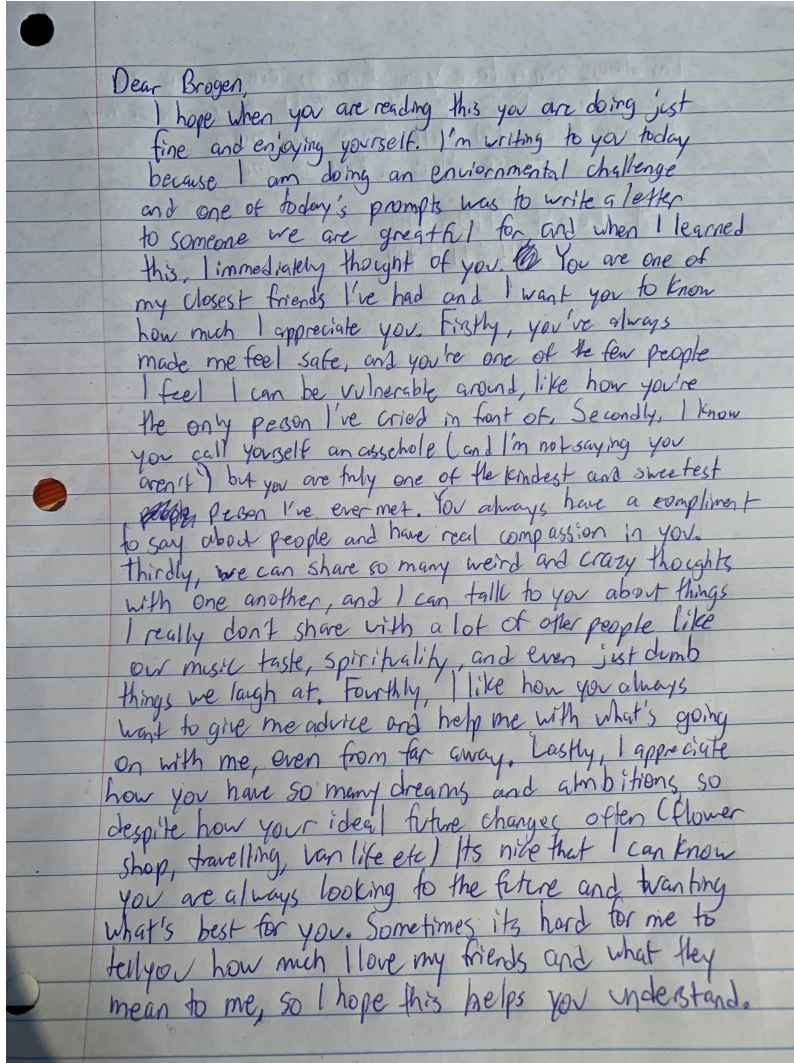


Sofia Hoffman
TGAL Wachusett
Day 16 Greenest

Here is the letter I wrote to my friend who lives in Michigan.



I will send my letter to him via snail mail, but I called him to let him know that it was coming. He was very excited to hear this because he loves getting letters from people and he said that it makes him happy to know that I would put conscious effort into reminding him that I care about and appreciate him so much. Writing this letter made me consciously acknowledge the relationship I have with him, and that I always want to make sure I don't take him for granted. He's done so much with me and we have such a great friendship that it deserves special attention and recognition through gratitude exercises like writing this letter! I think that I want to make writing letters to him a more frequent activity because we both love doing it, it's just that sometimes it gets easy to be wrapped up in our own lives, we forget to show each other affection like this. This challenge is reminding me that wellness is more than just bodily health,

it's also interpersonal connection and well being. Relationships with your friends are part of being mentally healthy, and exercises like this are what keeps the love in our life strong and hoursihedm, just as doing pull ups can exercise your biceps. This has reminded me of the love that I have in my life and I'm feeling so great after doing it, and I already want to send more letters!!!