

Team: GreenPower

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Greener-Wellness

Letter

Dear Ceci,

Today I want to tell you how much I love you and how grateful I am that you are my sister. You have so much energy, even though it annoys me sometimes, most of the time it **makes me laugh and puts me in a good mood** if I am not very happy and if I am it just makes me even happier. I love it when we sing until our lungs are going to explode, I love when you show me the new songs you discover, when we go to the kitchen to create a new snack and learn Tik Tok dances together. I want to thank you because you have always been my number #1 fan and have **encouraged me in everything I do**. You always **push me** into doing things I am afraid to and help me out when I feel I can't do something. You have been **an example of kindness and strength**, when people took you down you came back stronger and you didn't hold a grudge for them and even if you did, you treated them with respect. You have **taught me to focus on myself** and don't let other people's actions make me sad. You have shown me to let my creativity flow and have always **challenged me to be a better student, friend and person**. You are not just my sister but my best friend, you have held me while I've cried and cheered me up when I was sad as well as celebrated with me in my successes. You have taught me so much and even though I don't say it enough I love you very very much and I am going to miss you when I go.

Your favorite sister,

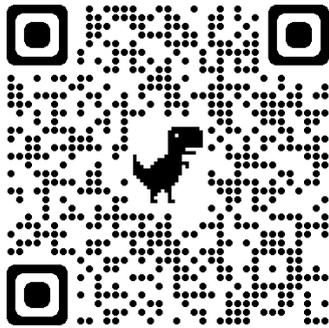
Natalia.

Reflection:

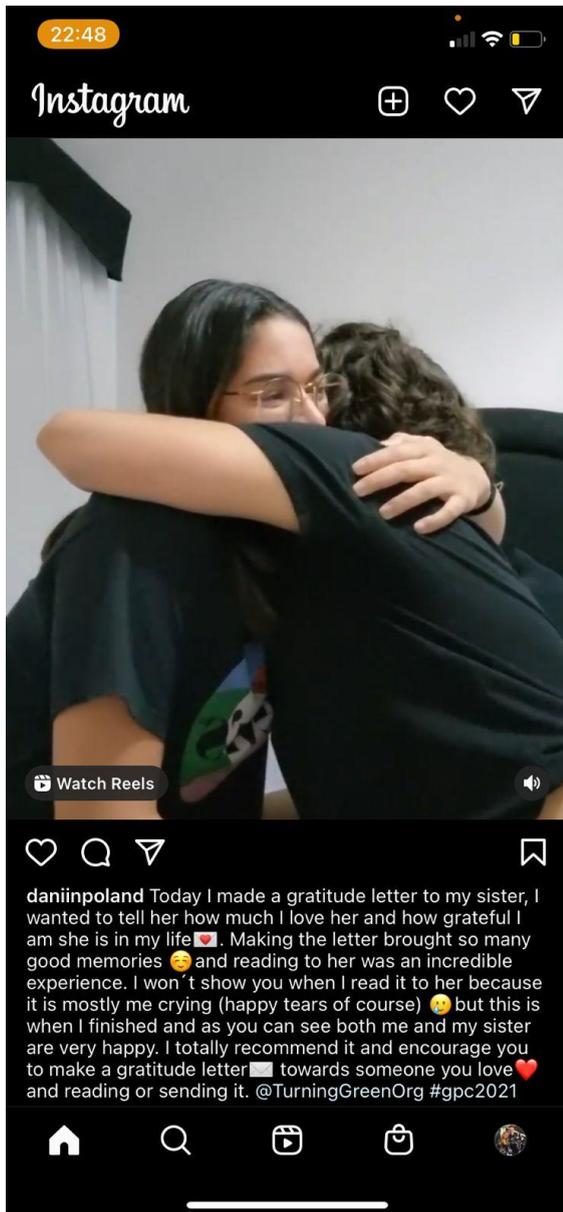
This experience was very liberating, I know I love my sister and my family but with everything everyone has to do daily we don't really take the time to acknowledge each other and to really appreciate we are together and all the things I love about them. Obviously not everything is perfect, sometimes we get angry at each other and fight so it feels nice to remember all the good things and revisit happy memories. At first it felt kind of funny and suddenly there were tears running down my face and reading was hard because my eyes were cloudy, you could say they were happy tears but for me, they were love tears. When I was reading, all this love that I sometimes keep to myself was coming out and it came out strongly, with tears, tears of love. Doing this made me happy and it made my sister happy.

Video:

https://drive.google.com/file/d/1_04nYZgl8-iWY-7qOBIVFtKalriTcx7B/view?usp=sharing



Screenshot of the post:



Caption used: Today I made a gratitude letter to my sister, I wanted to tell her how much I love her and how grateful I am she is in my life. Making the letter brought so many good memories and reading to her was an incredible experience. I won't show you when I read it to her because it is mostly me crying (happy tears of course) but this is when I finished and as you can see both me and my sister are very happy. I totally recommend it and encourage you to make a gratitude letter towards someone you love and reading or sending it. @TurningGreenOrg #GPC2021