**Name: Katie Prescott Date: 11/15/18**

**Gratitude Project Part 2**

**Due: 5:00PM on Thursday, November 15 (via CANVAS)**

**1. Name of the person you have chose to write a testimonial to, and your relationship to that person**: Ashley Peck, Friend

**2. Copy of your testimonial: (One to two paragraphs):**

Hey Ashley, I just wanted to take time to tell you how much you mean to me. You are one of my best friends, and I have really been leaning on you this past semester, and I feel like I don’t really express my gratitude enough. As you know, this semester has been very crazy for me, and you’ve helped support me through it all. From letting me crash on your couch to letting me vent and eat entirely too much ice cream, you’ve helped me get through a lot this semester, and I hope to eventually repay you.

**3. Write a one-page (double spaced) response to answer the following questions: What was your conversation like? How did he/she respond to your testimonial? What are your thoughts about this exercise? Do you think you benefited from expressing your gratitude? Why or why not?**

We met up at her apartment, she has a dog, so that’s where I usually end up most days. It was very heartwarming after I read her my testimonial. She was very happy to hear how much she means to me, and told me that I can come over any time, and that she’s always down to eat way too much ice cream with me. We then talked about how excited she was to come home with me over spring break, and we started planning our trip more.

I think this is a great exercise that can help strengthen any relationship you have. Friendships will get stronger, you can become closer to your parents or siblings, and I think it helps you get to know yourself a little better. I honestly didn’t know what to think about this part of the assignment, I thought it would be weird, and not super helpful or anything.

I think I benefited from this exercise, because it forced me to think about why I love my friends, and why we always lean on our friends in our times of need. It taught me more about having a support system than I could have learned in class. I think it also brought me and Ashley closer, because expressing gratitude isn’t something people normally do, even when we should. When we do express our gratitude, it shows our friends and family that we care, no matter what, and sometimes that is something that is easy to forget.