

Dear Emily,

There are truly no words to describe how grateful I am to have you as a best friend. You have positively impacted my life in so many ways. I am eternally grateful that we got so close last year. You have been my best friend through all the ups and downs of last year, through toxic friendships and relationships, and all the mess that comes with high school. Nobody can tell us apart because we are always together and coaches and friends and even our parents call us the wrong names. The past year we got truly close and I am so grateful that we did and have so many amazing and once in a lifetime memories together. Last Christmas you said that you had the crazy thought that we may be friend soulmates. I think that you were ten thousand percent correct. Our energies match in an indescribable way. When we are in the same room it is only seconds before you have me physically on the floor laughing. You have taught me the meaning of true friendship. Everyday I know I can tell you every single thing that has happened and you will be there for every bit of it. Our texts and vlogs are the most accurate description of our lives and could be compiled into an autobiography of our friendship. I am so grateful to have spent so much time playing sports with you and am so grateful you decided to join the freshman field hockey team. I am so happy that I dragged you along to do pole vault with me because even though it resulted in the worst shin splints in existence it was such a great time. I love the many adventures we go on from skiing down mountains, traveling to different countries, and midnight safeway runs. You have also taught me how to be a better person to those around me and to myself. You have taught me how to set boundaries with other people and respect myself in the process. Your confidence and optimism is radiant. You bring so much joy and happiness to everyone around you and have the most pure energy from anyone I have met. I hope we will have the rest of our lifetimes to continue speaking our own language and traveling the world together.

Love,
Cassidy

Reflection:

This was such a positive experience. It made me feel so grateful when I was reflecting on all the beautiful memories I have had with my best friend. I have so much love for Emily and it was a great experience to write the letter. When Emily heard the letter she felt so happy, thankful, joyful, and grateful. I think this is an amazing way of spreading happiness and gratitude in simple ways.