

Day 21 Greener

TEAMNAME: SUSTAINABUDDIES



USERNAME: SUSTAINABUDDIES

SCHOOL: SAN MARINO HIGH SCHOOL

Link to Social Media Post:

https://www.instagram.com/p/Cysbpn8uWZb/?img_index=1





Thank You + Happy Birthday!

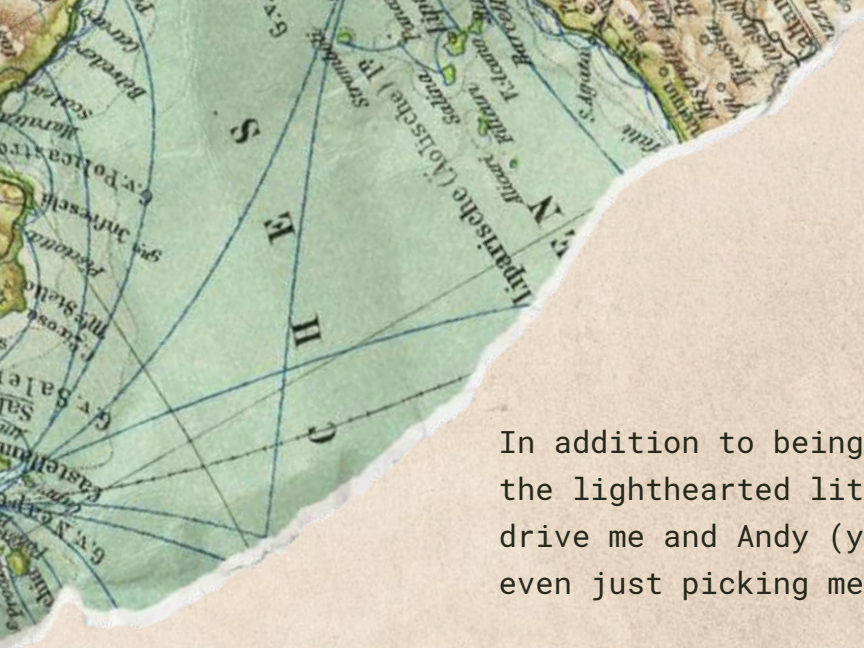
Dear Anna,

Happy late birthday! I think a thank-you letter for you has long been overdue. I know you are super busy at college, so I will *try to keep this short and concise (impossible). Hope you are doing superb lately, and we (my parents and Andy included :D) all miss you so much!!

Ever since we were little, I have been grateful that you've been such a wonderful role-model and a great older sister to me. During my tough transition to teenage years, I will never forget how great of a listener you were (still are), and how you bridged me to my parents when I had difficulty communicating my feelings to them.

Don't get me started on how motivating you are!! Growing up we've all seen how much of a talent you had in leadership, whether it was you leading your own club or your liaison position between massive organizations. I, especially, admired that aspect of you so much, and it has aspired me to become a better public speaker and a more responsible leader in a variety of settings.





In addition to being a huge inspiration to me, I treasure all the lighthearted little moments we've shared, such as when you drive me and Andy (younger brother) to get food together, or even just picking me up from school to get boba.

Of course we've also had our chaotic bickering moments in the distant past, but looking back on those silly times, I cannot deny the unshakable bond and rapport we have built with each other over the years. I am extremely thankful that I know I always can depend on you when I'm down or need help... Now that I'm older, I am finally confident enough to say that you can depend on me too! You've been with me every step of the way, and now please acknowledge that I am here for you too. If you need anyone to talk to, I'm always here <3. No matter what I'm doing at the moment, talking to you is always going to be my #1 priority :>



Lots of love,

Anni Zhao

Anni Zhao





Reflection:

IT WAS HONESTLY SUCH A HEARTWARMING EXPERIENCE- BOTH MY SISTER AND I ENJOYED THIS A LOT. I'VE NEVER REALIZED HOW MUCH GRATITUDE I HAVE BOTTLED UP OVER THE YEARS UNTIL TODAY, SO TODAY WAS AN EMOTIONAL EXPERIENCE JUST WRITING THE LETTER. THIS MEANINGFUL EXPERIENCE MADE ME REALIZE THAT WE ALL SHOULD EXPRESS OUR GRATITUDES MORE OFTEN, AND THAT BEING GRATEFUL OF A LOVED ONE IS SUCH A DOPAMINE AND SEROTONIN BOOSTING EMOTION TO HAVE.

Screenshots of Post!

