

**Team Name: Bigfoot**

**School: Koforidua Technical University**

### **Video Review**

The video 'An Experiment in Gratitude: The Science of Happiness' explores the powerful connection between gratitude and happiness. It shows how expressing appreciation to the people who've positively influenced our lives can significantly boost emotional well-being. Participants in the video were asked to write letters of gratitude and read them aloud to those they appreciated. The results were heartwarming both the writers and the listeners experienced increased joy and emotional connection.

This experiment highlights that gratitude is more than just a feeling it's a practice that transforms our mindset. By acknowledging others' kindness, we create deeper bonds and develop a greater sense of contentment and positivity. The key takeaway is that expressing gratitude doesn't just make others feel valued; it also enhances our own happiness and emotional health.

### **Gratitude Letter to Pricilla**

Dear Pricilla,

After watching An Experiment in Gratitude: The Science of Happiness, I felt inspired to take a moment to truly thank you for the light you bring into my life. Sometimes we don't say these things enough, but I want you to know how much I appreciate you not just as a friend, but as someone who has made a real difference in who I am today.

1. **You always listen without judgment.** Whether I'm venting, overthinking, or just need to talk, you give me your full attention and remind me that my feelings matter. That kind of friendship is rare, and I'm deeply grateful for it.
2. **You bring laughter and joy wherever you go.** Your energy lifts my mood instantly, and you've taught me to find happiness in the little things even when life feels heavy.
3. **You've stood by me through hard times.** When I've struggled or doubted myself, you've been there with reassurance and support, reminding me that I'm capable and strong.
4. **You inspire me to grow.** You lead with kindness and confidence, and that encourages me to push past my comfort zone and believe more in myself.
5. **You celebrate my wins as if they were your own.** That pure, selfless joy you show for others is something I truly admire it makes me feel valued and loved.

Thank you, Pricilla, for being the friend who makes life brighter, funnier, and more meaningful. I appreciate your loyalty, your honesty, and the countless ways you show you care. You've taught me that true friendship is one of the greatest forms of happiness.

With love and gratitude,  
**Monica** ❤️

### Reflection on the Experience

Reading my letter aloud to Pricilla was a beautiful and emotional experience. At first, I felt a bit nervous, but as I read each word, I could see how much it meant to her. She smiled, laughed, and even teared up a little. We both realized how important it is to express gratitude openly.

The experience reminded me that gratitude strengthens relationships and spreads joy. It made me feel lighter, happier, and more connected to the people I care about. This challenge taught me that taking time to appreciate others doesn't just make them feel valued it also fills our hearts with peace and happiness.



*I've been reflecting on how much you mean to me, and I wanted to take a moment to say thank you—not just for all that you do, but for who you are.*

*Watching, 'An Experiment in Gratitude: The Science of Happiness' reminded me that expressing appreciation can deepen our joy and strengthen our connections. So this is my way of saying how truly grateful I am for you.*

*1. Your unconditional love has been my greatest comfort, No matter how tough things get, your care and understanding remind me that I am never alone.*

*2. Your sacrifices inspire me every day. You've given up your time, energy, and even your own dreams to make sure I have what I need to grow and succeed.*

*3. Your faith in me gives me strength. Even when I doubt myself, you always see my potential and push me to believe in my abilities.*

*4. Your kindness and generosity extend beyond*



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Today I took a moment to thank someone special my friend Pricilla for always being supportive, kind, and inspiring. Writing her a gratitude letter reminded me how powerful it is to say thank you out loud. 🍀

Gratitude grows happiness for both the giver and the receiver.

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