Cassandra Jordan - cassandrajordan - Florida Gulf Coast University

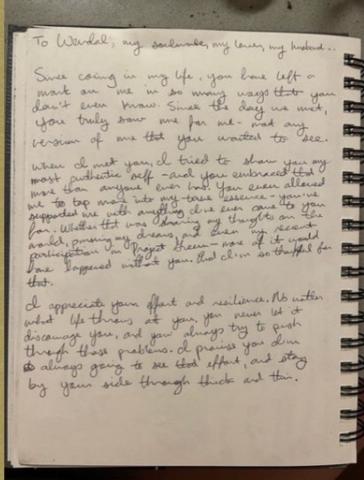
Wellness and Gratitude

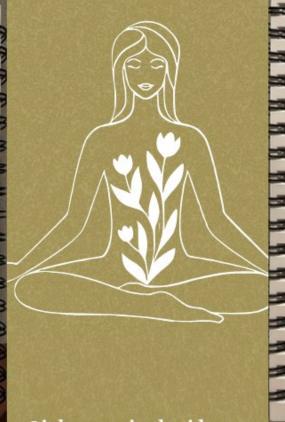
For Day 14's Greener Challenge, I wrote a letter to my boyfriend, expressing my gratitude for him.

Excerpt from letter:

"When I met you, I tried to show you my most authentic self - and you embraced that more than anyone has. You even allowed me to tap into my true essence - you've supported me with anything I've ever come to you for. Whether that was sharing my thoughts on the world, pursuing my dreams, and even my recent participation in Project Green - none of it would have happened without you. And I'n so thankful for that."

This experience was definitely something that I needed - while I practice gratitude, I can often get caught up with school, work, and life and forget. Taking the moment to sit with my thoughts, write a letter, and have a private conversation definitely helped connect us on a deeper level and boost our spirits. Giving the speech in nature helped ground us even more. Gratitude is so simple yet important, and it is going to be something I remember to practice daily now, no matter how big or small the act of gratitude is.





d appreciate that you took your time in gelling to know me. Your knew may beal before your even knew my body. You become mys laver.

but also my best hiad.

Most of all, I appreciate your own love and appreciation for me. Even though others bene doubted your priest open your bout for me doubted your priest open your bout for me of your being every decerd of every day.

Your loss and passion keeps me going every day.

Worder without you, I wouldn't be the word of spend on this letter it will recent this of spend on this letter, it will recent thing show your the areast of appreciation thing show your the areast of appreciation.

I have of for your of will spond every day.

I have of for your of will spond every day.

I have go for your of will spond every day.

Therefore, my gratitude for your that always.

Link to gratitude video: