

Power of a Letter

Years ago I received a letter from one of my players who I coached on a little league basketball team. This player was not very good at basketball and it seemed he did not like really playing during the entire season. After the season, to my surprise, I received a thank you letter from this player. He thanked me for being his coach and for spending my time helping him learn how to play basketball. It was a very short thank you but the impact it had on me was overwhelming! It brought tears to my eyes and at that moment I felt like I mattered in the world. I wrote this kid back and told him how grateful I was that he would take the time to write me a thank you. It was true inspiration!

Part of my program is to challenge people to write a letter of appreciation to someone in their life or to someone who they know is struggling. The results are amazing for both the sender and the receiver.

The Challenge:

1. Make a detailed list of people you can send a letter to:
 - a. *Coaches, Teachers, or Religious Leaders in your life*
 - b. *Friends and Family members*
 - c. *People who may not know you but you know they are struggling - i.e., kids at school, co-workers, or a neighbor*
2. After you have made your list, plan on sending one letter a week to someone on your list.
3. Recognize the inspiration and power that comes into your life and know that it doesn't even compare to the inspiration and power the receiver of your letter is experiencing.

You will heal the wounded soul, you will inspire someone to make a change, you may save someone's life, and you will change his or her world and yours!

The Power of a Letter!

