



WEEKLY QUESTIONS - GRATITUDE

Week 1: Section 1

The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

One note: Whether you have a spouse, partner, or kids, the same principles that JK suggests are applicable. Apply them to the people in your life!

QUESTIONS:

1. Have you kept a gratitude journal in the past? How did the process work for you?
2. JK says that how we feel about our lives is more a function of the mood, spirit, and attitude we bring to each day, rather than what actually happens. Do you agree or disagree? (Do you know someone who seems to be positive no matter what occurs?)
3. In Ch. 1 (p. 14) JK explains the difference between “being happy” and “being grateful.” What do you see as the differences between these two states of being?
4. JK says that research shows being grateful can increase your happiness by almost 20 percent (I wonder how they measure these things!). What would you rate your happiness right now?

5. In Ch. 2 JK talks about how we can become “habituated” to our blessings. What blessings have you started to take for granted?

6. “When you expect everything, it’s hard to be grateful for anything.” What does this bring up for you?

7. Think of a recent tough experience. Are there elements you can be grateful for?

8. “Never criticize magic.” I just wanted to emphasize that. LOVE!

9. “Don’t pay it back – pay it forward.” How can you pay forward a kindness this week?

10. Ah, complaining! I’m guilty! I use it as a way to make people laugh... but maybe there’s a better way to spin my day for public consumption. I loved how JK distinguished between complaining just to complain and complaining for a specific result (e.g., complaining about the weather vs. complaining because your steak at dinner is raw.). Are you a complainer? Are you willing to give it up for a bit?

11. YOUR BIG ASSIGNMENT: Start a gratitude journal for the next month. You can post it on Facebook, in a specific notebook, or take a photo a day of something you are thankful for. DO IT. :)

12. What are your biggest takeaways or “Aha!” realizations from this section?

“Gratitude is not only the greatest of virtues, but the parent of all others.” (Cicero)