



WEEKLY QUESTIONS - GRATITUDE

Week 2: Section 2

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. “People get more lasting joy from experiences than from objects.” Can you think of an object that has brought lasting joy? What about an experience?
2. “Experiences define us in a way that objects never really do.” (Gilovich, p. 99). What do you think? If this is true, why do people spend so much time (and money) on possessions to signal who they are?
3. I enjoyed thinking about the link between memories and objects that JK discusses in Ch. 5. She writes, “It wasn't the frayed baby blanket that made me grateful but the memory of the sweet baby who used it.” I know a lot of you are scrapbookers, and I'm so thankful (!!) that we get to preserve those memories even if we don't keep the objects. Have you found that it is easier to let go of the object if you've preserved the memory some how?

4. In our Ready to Rock 'n' Roll call last week, we talked about the difference between happiness and joy. JK refers to Dr. Martin Seligman's idea of "well-being." What do you think is the difference between happiness and joy/well-being? How does gratitude impact both?

5. "Never compare – just appreciate what you have." In addition to your gratitude journal exercise, can you try to curb your comparisons this week?

6. In Ch. 6, JK asks her husband what he would do if he had more money. What would YOU do with more money?

7. "Grateful people felt inspired to take action, not sit back passively." Have you experienced this?

8. We've talked before about difficult people in our lives. Think about one or two of those people now. Are they "takers," "givers," or "matchers," as described by Adam Grant in Ch. 7? Which are you?

9. What are your biggest takeaways or "Aha!" realizations from this section?

"Nothing is enough for the man to whom enough is too little." (Epicurus)