



WEEKLY QUESTIONS - GRATITUDE

Week 3: Section 3

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. “Thinking about the past or future are really the only two ways people can be upset by the world.” (JK quotes Dr. Liponis) Agree or disagree?
2. I've always believed we have much more control over our lives than we give credit for, and while I don't think we 100 percent create our health, Chapter 9 helped me see the links between gratitude and health – and conversely, stress and disease. Do you have personal experience with “thinking yourself healthy” or “thinking yourself sick?”
3. “Expressing gratitude had changed my bodily responses more profoundly than any breathing technique.” (Ch. 9) The next time you are stressed, instead of breathing deeply, try feeling grateful for someone or something. Document what happens.

4. Here's [a link](#) to Amy Cuddy's TED talk on power positions. Watch it! What do you think of her discoveries?

5. JK makes a list in Ch.10 of places where gratitude seems to flow naturally for her. Make your own list. City? Country? Hot? Cold? Mountain? Seashore? What are you doing? Who are you with?

6. One of the experts JK interviews says, "Nature seems to change your brain physiology." Get out into "nature" for at least 10 minutes this week. Describe how you felt before, during, and after.

7. What do you think about JK's "gratitude diet" in Ch. 11? Do you think it will work? Can you choose one of her four rules to adopt for yourself this week? (I'm going with appreciating the meal before I eat it.)

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

"When I'm giving, helping, and not expecting anything, I get a level of contentment and satisfaction that's unmatched." (Dr. Mark Liponis)