



WEEKLY QUESTIONS - GRATITUDE

Week 4: Section 4

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. Ch. 12: “You can't connect the dots looking forward; you can only connect them looking backwards.” (Steve Jobs, 2005. Link to his speech [here](#).) Have you had a situation where at the time you couldn't figure out the pattern or WHY something happened, and some distance later you were able to say, “Ah, I get it. Thank you?”
2. “If you're feeling grateful, you can't also feel sad.” Agree or disagree?
3. This section was interesting in that it had less scientific data and more anecdotal conversations. I learned a lot hearing from people who have triumphed over life's challenges, such as the woman, Jackie, who lost her daughters. I loved that when JK asked her if she was naturally grateful, she answered, “No! It's a decision to do it every day.” That gives me hope that those of us who find it a struggle have hope.

4. To continue with that thread, JK's friend Jane Green (whose books are delightful!) said during the time she was dealing with cancer, she worked very intentionally to be positive. "I did it consciously because I don't think anybody stumbles upon gratitude." Have you ever met anyone who seemed "naturally grateful?"

5. Daniel Gilbert says, "...The fact is, most people do pretty darn good when things go pretty darn bad." I'm not sure I agree with this. I think it's a decision. I know plenty of people who have had bad things happen, and then sit around and blame others – while some people choose to make the best of the situation. I think of the Holocaust and Viktor Frankl's experiences (if you haven't read his work, try "Man's Search for Meaning.") He said the people who found meaning in their suffering were much more able to survive, but those who couldn't find meaning often simply gave up. What do you think?

6. Ch. 13: Hugh Jackman. YAY! :)

7. "Gratitude isn't just a nice feeling. Gratitude at its best is an action. It's about something you do rather than just something you feel." (Henry Timms) How would "gratitude in action" look to you?

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

"Gratitude has no end." (Janice Kaplan)