



# Infuse the Good: How Practicing Gratitude Can Help Us Live More Fully

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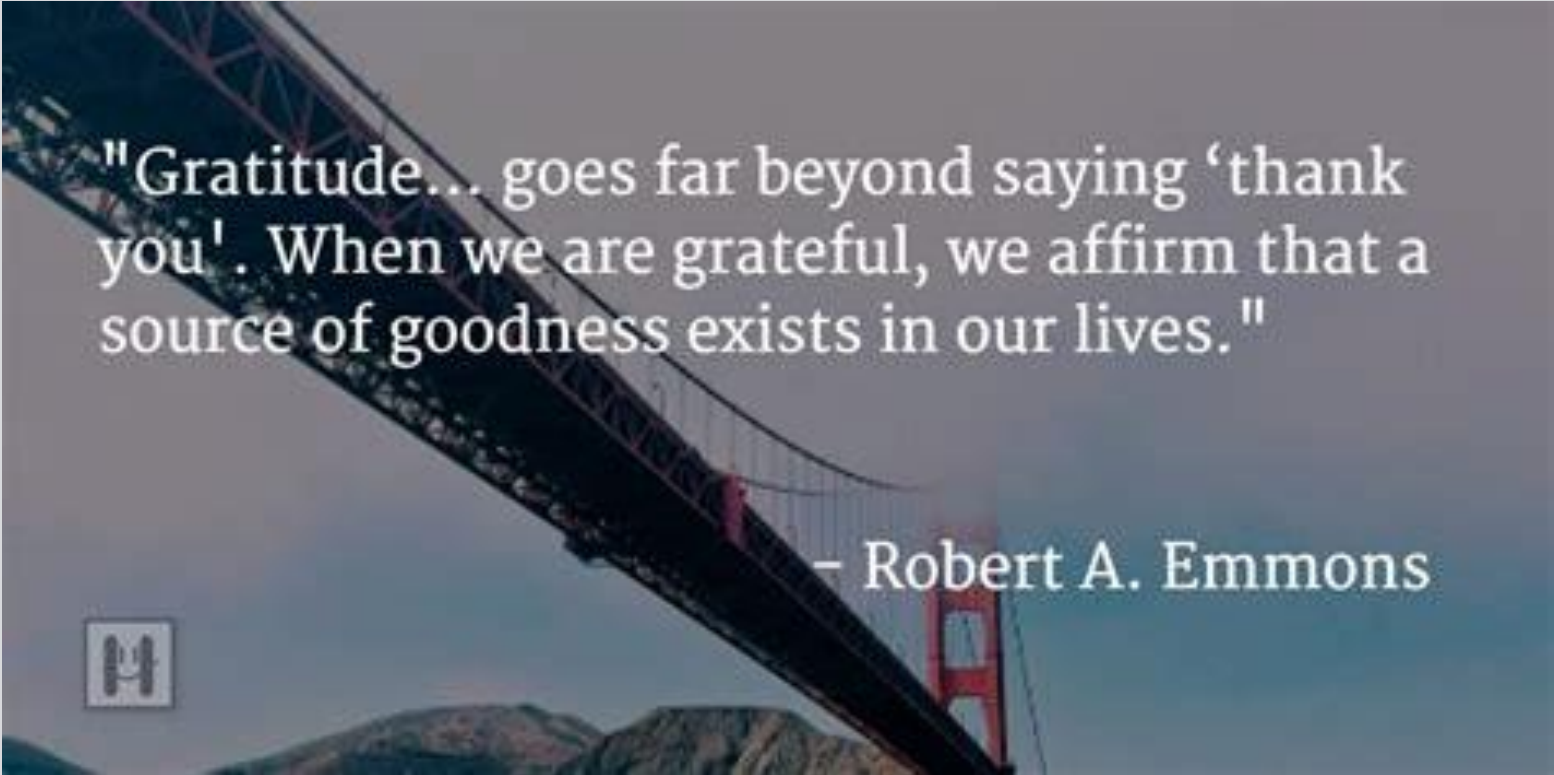
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# Gratitude has two key components:

- An affirmation of goodness
- Recognition that the sources of this goodness are outside of ourselves



"Gratitude... goes far beyond saying 'thank you'. When we are grateful, we affirm that a source of goodness exists in our lives."

– Robert A. Emmons





## Three types of gratitude

- **Affective trait** (one's overall tendency to have a grateful disposition)
- **A mood** (daily fluctuations in overall gratitude)
- **An emotion** (a more temporary feeling of gratitude that one may feel after receiving a gift or a favor from someone)





## Benefits of gratitude

- Better physical and psychological health
- Increased happiness and life satisfaction
- Decreased materialism
- Increased connectivity to others (find, remind and bind)
- Increased resilience



# GRATITUDE



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Sometimes we're so busy chasing all the things we haven't got that we forget to notice the things we already have, the people in our lives and the fortunate circumstances in which we live.

*A Beautiful Mind with Headspace.com*

<https://work.headspace.com/cmu/join>

FROM MY MEDITATION TODAY

When we cultivate the quality of awareness we also cultivate love.



# Ways to Infuse Gratitude in Daily Life

- Gratitude Journals/Writing Prompts (3 Good Things)
- Gratitude Letters/Cards
- Social/Family Gatherings
- Become More Generous
- Spend Time in Nature
- Embed Gratitude into your Current Rituals





# Resources

- ▶ [Feeling Less than Grateful: Some People Are Just Wired that Way](#)
- ▶ [Greater Good Science Center's White Paper on Gratitude](#)
- ▶ [Headspace](#) Appreciation and Kindness Packs
- ▶ [Happier Now](#) by Nataly Kogan
- ▶ Instagram Accounts: Tanks Good News, Gratitude
- ▶ [Ted Talk: Shawn Achor, The Happy Secret to Better Work](#)
- ▶ [Ted Talk: David Steindl Rast: Want to be Happier Now: Be Grateful](#)
- ▶ [The Good Life Project Podcast](#): Brene Brown on Gratitude, Vulnerability and Courage
- ▶ [The One Life We are Given](#) by Mark Nepo
- ▶ [Why Gratitude is Good](#) by Robert Emmons