

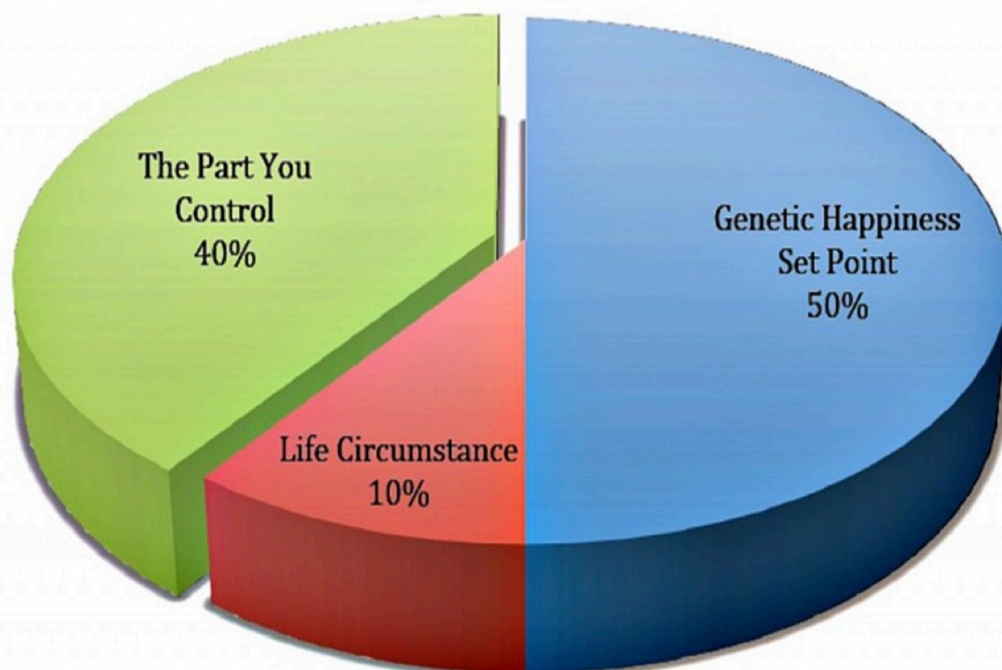
RESEARCH ON GRATITUDE



- Gratitude boosts happiness
- Happiness creates success
- Gratitude and health benefits

*Robert A. Emmons, Author,
Thanks! How the New
Science of Gratitude Can
Make You Happier*

Lyubornirsky's Happiness Pie



Homework: 3:15 Questions Session 6

Pick 3 people in your life who you trust to be on your personal development journey. Spend 15 minutes with each of them to reflect on the content from session 1. If they're not familiar with the series, give them a bit of background on this being a 6-session exploration on personal development and growth.

Gratitude Practice – Pick one gratitude practice that works for you based on what was covered in today's session (*gratitude journal, thank you letter, gratitude jar, body meditation, date with God, say 3 things you are grateful for while brushing your teeth*). Commit to doing it every day for 15 days.

Share your Gratitude Practice with 3 people. Share with them what you uncovered, what surprised you, what did you reaffirm? What did you discover? Keep in mind, for personal development, the perspective that matters the most is your own. These discussions are meant to help you with your own self-discovery.

If your three people are interested in this process, they can also view a recording of the session and catch up with the series themselves. All previous sessions are recorded and available at iicanada.org/videos.