**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Cultivating Gratitude***

**Directions:** Read the following excerpts about gratitude and answer the questions below.

One of the best benefits of gratitude is that it can bring us closer to others. To live gratefully, you must not only recognize the good in your life, but also reflect on the people that made this good possible. As Dr. Robert Emmons writes in *The Little Book of Gratitude[[1]](#footnote-1)*:

“Living gratefully begins with affirming[[2]](#footnote-2) the good and recognizing its sources. It is the understanding that life owes me nothing and all the good I have is a gift, accompanied by an awareness that nothing can be taken for granted. In gratitude, we recognize that the source of goodness is outside ourselves.”

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| --- |
| **Stop and Jot:** Write this quote in your own words: “In gratitude, we recognize that the source of goodness is outside ourselves.”\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

As Shawn Achor writes in *The Happiness Advantage[[3]](#footnote-3)*, practicing gratitude is a three-step process:

1. **Looking for It**: “When our brains constantly scan for and focus on the positive, the more we will pick up on the positives in every situation. Scanning for the positive in our lives trains our brains to see the opportunities and ideas that will lead us to even more happiness and success.
2. **Naming It:** We acknowledge where the good came from and why we’re glad we received it.
3. **Sharing It:** We show thanks to whoever was the source of the good and/or share our thankfulness with those around us. We can do this by making the other person a card, writing a letter, offering a hug, or simply remembering to say “thank you.”

To cultivate gratitude, spend a few minutes each day reflecting on what you’re grateful for. Using the Look-Name-Share process can help. As Achor writes:

“It may sound hokey, or ridiculously simple…but in just five minutes a day, completing this exercise trains the brain to become more skilled at noticing and focusing on possibilities for personal growth, and seizing opportunities to act on them.”

**Reflection Questions for *Cultivating Gratitude***

**Directions:** Answer the following questions in complete sentences.

1. How can practicing gratitude bring us closer and strengthen our bonds with others?

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1. What are the benefits of training your brain to look for the positive things in your life?

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1. What did you learn about gratitude that you’re most excited to implement in your daily life?

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**Look-Name-Share Reflection for *Cultivating Gratitude***

**Directions**: In the table below, name two good things that you received or that happened to you this week and reflect on the people who made it possible.

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| --- | --- | --- |
| **Look for It** | **Name It** | **Share it** |
| What nice things have others done for me/given me this week? | Who/where did this good come from? Why am I thankful for it? | How did I/can I show my gratitude?  |
|  |  |  |
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**Stamp Your Learning for *Cultivating Gratitude***

**Directions:** Answer the following questions in complete sentences.

1. Which of the “Look-Name-Share” steps came the most naturally to you? Why?

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1. Which of the three steps will you need to work to get better at? Identify two ways that you’ll work at it in school or at home.

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**Name:**

**Date:**

**“Look-Name-Share” Reflection**

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| --- | --- | --- |
| **Look for It** | **Name It** | **Share it** |
| What kind things have others recently given/done for me this week? | Where did this good come from? Why am I thankful that I have it? | How did I/will I show gratitude to the person who gave it? Who else can I share my gratitude with? |
|  |  |  |
|  |  |  |

**Name:**

**Date:**

**“Look-Name-Share” Reflection**

|  |  |  |
| --- | --- | --- |
| **Look for It** | **Name It** | **Share it** |
| What kind things have others recently given/done for me this week? | Where did this good come from? Why am I thankful that I have it? | How did I/will I show gratitude to the person who gave it? Who else can I share my gratitude with? |
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1. *The Little Book of Gratitude* by Dr. Robert Emmons [↑](#footnote-ref-1)
2. **affirming**: saying that something is true in a confident way [↑](#footnote-ref-2)
3. *The Happiness Advantage: The Seven Principles that Fuel Success and Performance* at Work by Shawn Achor [↑](#footnote-ref-3)