MAKING GRATITUDE A HABIT

A guide to practicing gratitude daily
“Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude.”

― A.A. Milne, Winnie-the-Pooh

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

― Ralph Waldo Emerson
“Everything is interconnected. Gratitude improves sleep. Sleep reduces pain. Reduced pain improves your mood. Improved mood reduces anxiety, which improves focus and planning. Focus and planning help with decision making. Decision making further reduces anxiety and improves enjoyment. Enjoyment gives you more to be grateful for, which keeps that loop of the upward spiral going. Enjoyment also makes it more likely you’ll exercise and be social, which, in turn, will make you happier.”

- Dr. Alex Korb, neuroscientist + author of The Upward Spiral
Taking the time to appreciate the things we've received, tangible or intangible, makes us feel more positive emotions, enjoy good experiences, improves our health, helps us deal with challenges and builds strong relationships - all critical traits at home, school, work and play.

IT HELPS REDUCE THE SYMPTOMS OF DEPRESSION.
WAYS TO PRACTICE GRATITUDE
01

KEEP A DAILY GRATITUDE JOURNAL.

Keeping a journal by your bed and journaling in the morning or at the end of the night can create regular space for gratitude.

What or who am I most grateful for this week? What am I grateful for about who I am or how I’ve been to someone this week?
Contemplative Practices provide the self-awareness to objectively and mindfully be present and aware of one’s thoughts so they can viewed as mere phenomena flowing in and out of one’s consciousness (along with our perceptions, viewpoints, feelings, etc.).
The Tree of Contemplative Practices

- Deep Listening
- Vigils
- Labyrinths
- Rituals
- Meditation
- Visualization
- Singing

from OnBeing.org
It’s the little expressions of gratitude that can go so far.
THINK OF POSITIVE THOUGHTS.

Reframing negative thoughts to focus on the positive or the hidden opportunity changes our perspective and mood.
“WE CAN COMPLAIN BECAUSE ROSE BUSHES HAVE THORNS, OR REJOICE BECAUSE THORNS HAVE ROSES.”

— Alphonse Karr
IT IS INTEGRAL TO OUR WELL-BEING.

1. Gratitude unshackles us from toxic emotions.
2. Gratitude helps even if you don’t share what you’re grateful for with others.
3. Gratitude’s benefits accrue over time and have lasting effects on the brain.

—from research at Berkeley’s Greater Good Science Center.
GRATITUDE CAN CHANGE YOUR LIFE.
In your words...

Focusing on the small things...

Treasuring our relationships...

Re-framing to find the positive...

Sharing memories of what has mattered to us + why...
DEEP DIVES

S.C.O.R.E. Method
Gratitude TED Talk
Reflection App/Online Journaling
How Gratitude Changes Our Brains
Happy Thanksgiving!

May you find new ways to cultivate gratitude throughout the holiday season.

We are grateful for your presence at the Gratitude Campfire and hope to stay in touch...
KEEP IN TOUCH.

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www.orsl.usc.edu/programs/campfires