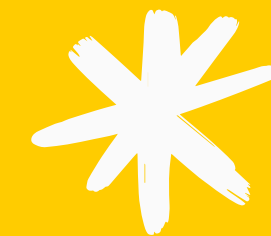


# MAKING GRATITUDE A HABIT



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**

# EXPRESSING GRATITUDE INTERNALIZES GOOD VIBES


“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*



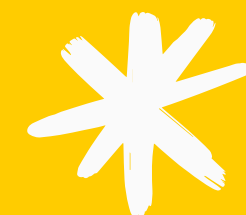
Taking the time to appreciate the things we've received, tangible or intangible, makes us feel more positive emotions, enjoy good experiences, improves our health, helps us deal with challenges and builds strong relationships – all critical traits at home, school, work and play.



**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?



02

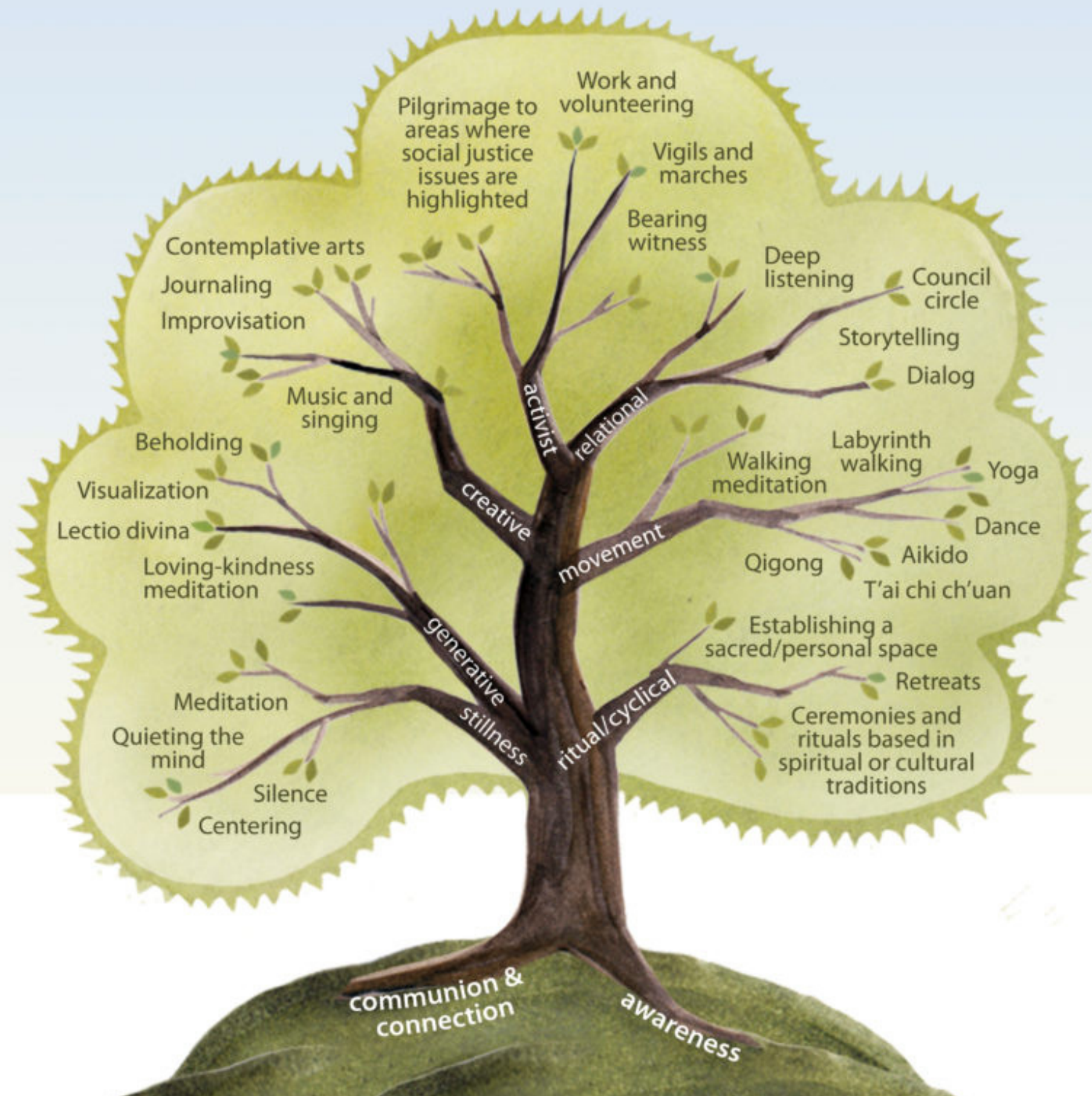
# ENGAGE IN A CONTEMPLATIVE PRACTICE EVERY DAY.

Contemplative Practices provide the self-awareness to objectively and mindfully be present and aware of one's thoughts so they can be 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





**03**

# **WRITE THANK YOU NOTES.**

It's the little expressions of gratitude that  
can go so far.



04

# 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.**



A person is sitting by a campfire, with their feet in brown suede boots resting on a stone ledge. A blue and white plaid shirt is visible. To the left, a teal ceramic mug with a small white label sits on the ledge. The background is a blurred campfire scene with logs and a fire.

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...**



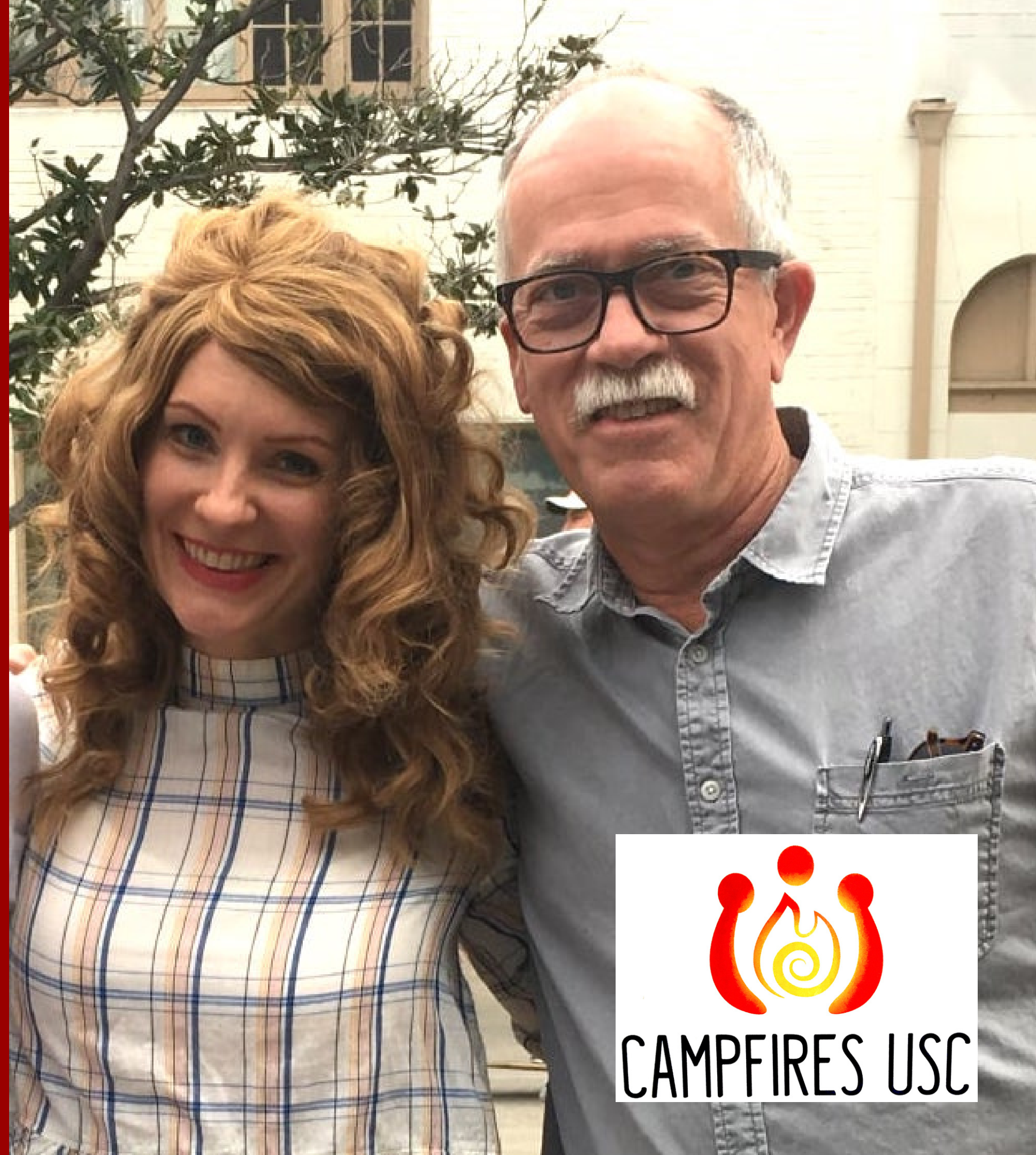
# KEEP IN TOUCH.



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