

A person is standing in a field of bright yellow flowers, likely rapeseed. Their right arm is raised, and their hand is visible against a blue sky with scattered white clouds. The background shows rolling green hills under a clear sky. The overall scene is bright and cheerful.

Presented by BU Happiness College

Why Gratitude Matters

www.buhappinesscollege.com





“Gratitude is an emotion that reflects our deep appreciation for what we value, what brings meaning to our lives, and what makes us feel connected to ourselves and others” - **Brene Brown**



Why gratitude Helps

Robert Emmons

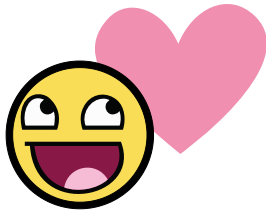
Professor of psychology at the University of California, Davis.
Founding editor in chief of The Journal of Positive Psychology.
World's leading scientific expert on gratitude.

Research on emotion shows that positive emotions wear off quickly. Our emotional systems like newness. They like novelty. They like change. We adapt to positive life circumstances so that before too long, the new car, the new spouse, the new house- they don't feel so new and exciting anymore.

But gratitude makes us appreciate the value of something, and when we appreciate the value of something, we extract more benefits from it; we're less likely to take it for granted.

In effect, I think gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures you get from life. Instead of adapting to goodness, we celebrate goodness. We spend so much time watching things-movies, computer screens, sports-but with gratitude we become greater participants in our lives as opposed to spectators.

Why Gratitude Matters



**Enhances other
feel good emotions**



**Magnifies pleasures
in life**



**Allows us to participate
more in our lives**



**Helps us appreciate and
value more things in our lives**

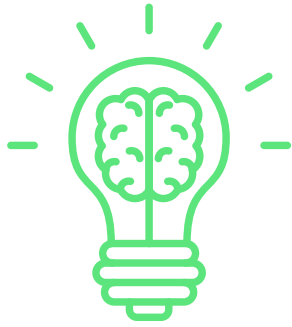


**Helps us celebrate
goodness**

NOTES

Skill vs Thinking

Gratitude



Skill



**Action through
Doing, Trying, Failing &
Trying Again**

VS

Gratitude



Thinking



**An Idea/Thought/Intention
in the mind**

NOTES



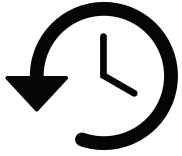
Reframe Gratuities

Appreciate/Appreciation

Proud Of

Could

Types of Gratitudes:



Past

Empty rounded rectangular box for notes on Past gratitude.



Present

Empty rounded rectangular box for notes on Present gratitude.



Deep

Empty rounded rectangular box for notes on Deep gratitude.



My Daily Gratitude Table:

3 things I could be grateful for:

1. _____

2. _____

3. _____

3 things I accomplished today:

1. _____

2. _____

3. _____

2 Things that went well today:

1. _____

2. _____

3 things that make me feel good:

1. _____

2. _____

3. _____

1 person I am grateful for & why:

1. _____

I am proud of myself for:

1. _____

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...