

gratitude:





- **Focusing on the positive things**
- Doesn't cost any money or much time.
- Single most powerful method of increasing happiness

- Mind is like a monkey
- Very active

The last time I appreciated someone

- I don't quite remember
- This month
- This week
- Yesterday
- Today

I have very warm feelings towards almost everyone

- Disagree
- Somewhat disagree
- Neither disagree or agree
- Somewhat agree
- Agree




Harald Albrigtsen





Gratitude prompts

A  of mine for which I am grateful is...

A challenge



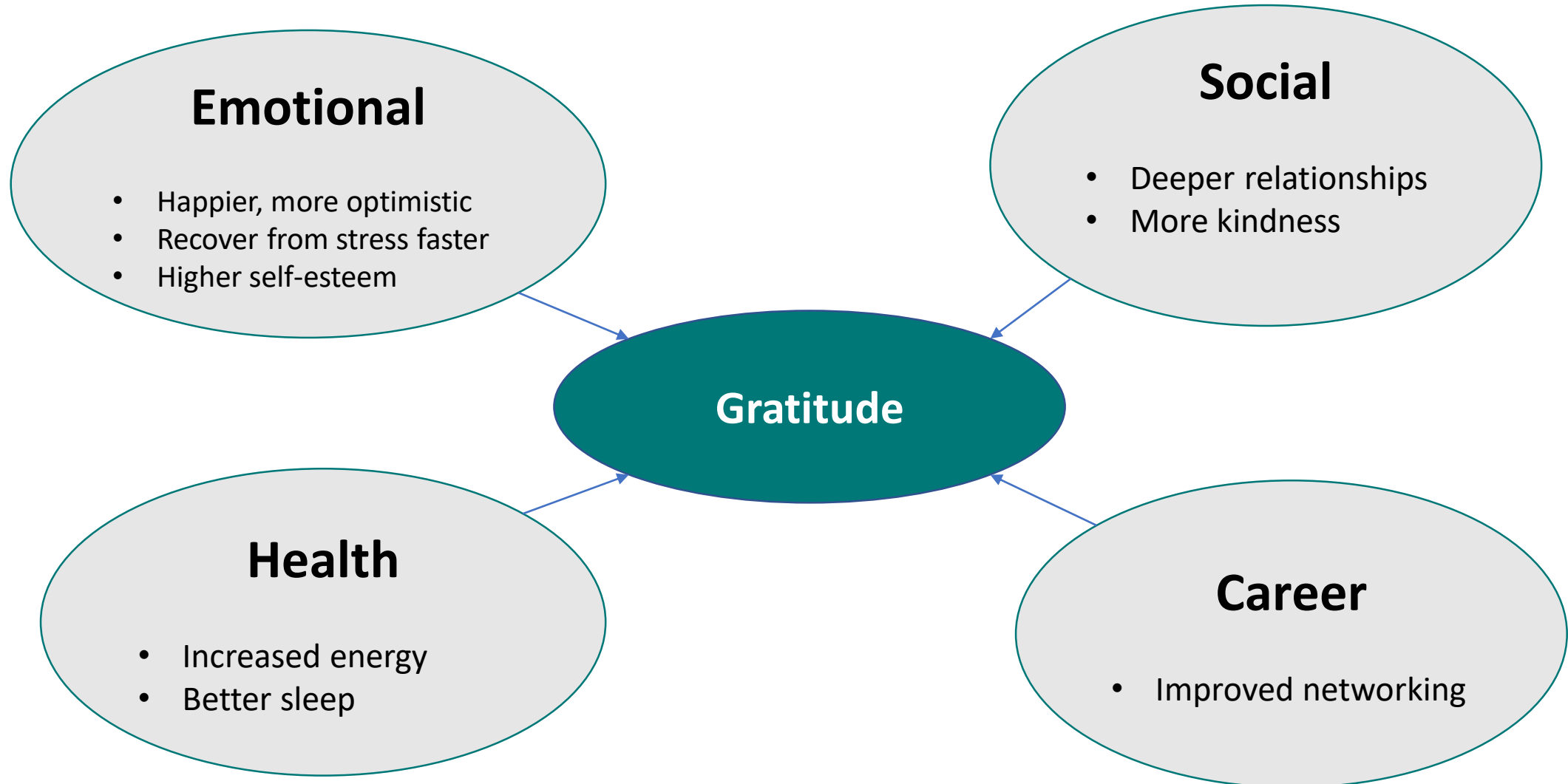
I'm grateful for is....

Something that comforts me 🐶 that I'm grateful for is...

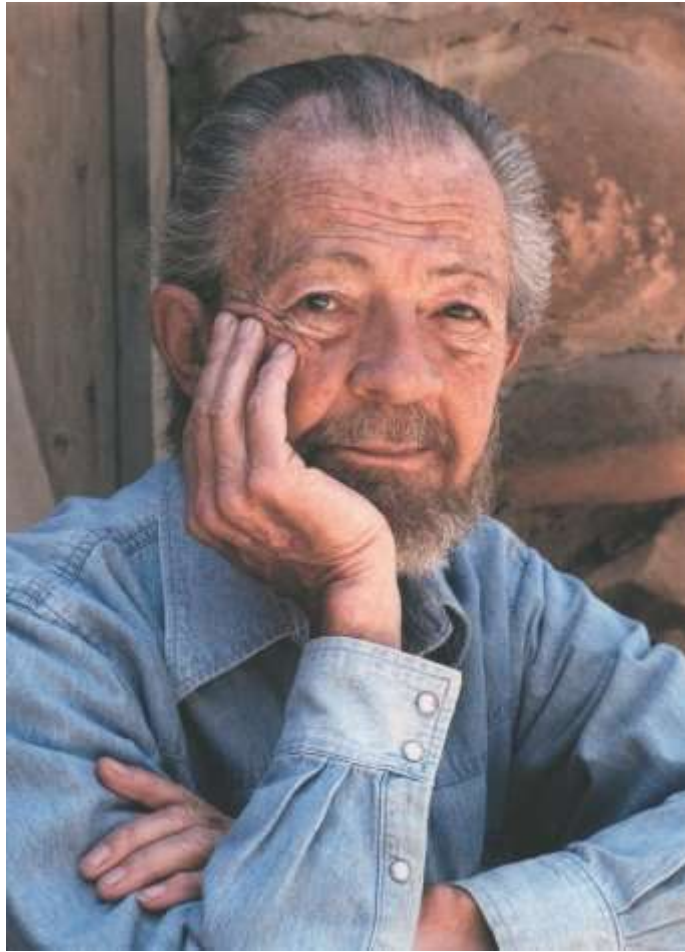


Power of gratitude

Power of gratitude



Levels of consciousness



Dr. David Hawkins



Third Law of motion

Every action has an equal and opposite reaction

Every action of giving thanks causes an opposite action of receiving.
The more you feel sincerity in your gratitude, the more you will receive.

How can we create a culture of gratitude on campus?



Starting ideas....

Gratitude wall



Gratitude diary



Anonymous appreciation notes



11,236 likes

princeton While this note was written from one stranger at #PrincetonU to another, we think it applies to anyone who reads it.



Thank You