



Module 1: Think Positively

Module 1 Lesson 5 Exercises

1. Gratitude needs to be intentional

Intentional behavior is the ability to move ahead with a thoughtful and deliberate goal in mind. To do so, we need to seek out and identify specific acts for which we can, and should, be grateful. Gratitude only works when you're grateful for something real.

We perceive an act as more worthy of gratitude when:

- It cost someone (either time or effort)
- We perceive it to be of value
- It is not obligatory or habitual in nature
- The result produces relief or happiness

Take the time to reflect on how you've expressed your gratitude. The way you thought you expressed gratitude might not have been perceived as such.

Conversely, reflect on how others might have tried to express gratitude to you but it didn't meet the above criteria. This will help you pinpoint on ways you might improve the way you show gratitude to others.



2. Gratitude requires focus

It's especially important to remain grateful when things take a down turn:

- Seek out events and people that represent the things that embody your moral standards
- Express gratitude when you see these events and people
- Let go of your need for the "right" way to be "your" way
- Clarify what you need to be true in your heart—get to know it better
- Remember that truth is its own best argument.