Questions

1. Can happiness be taught? (Yes, it is a skill that can be taught.)

2. People who are grateful or express their gratitude…. (Experience more happiness than those who are less grateful.)

3. Teach Gratitude by:
   A. Keep a Gratitude Journal
   B. Family Gratitude List
   C. At the dinner table, share something positive or that you were grateful for during the day.

4. What does “Smell the Roses” mean? (To savor the positive experiences in your life. It helps to magnify the positives - pleasant emotions, etc. in one’s life.)

5. One way to practice “Smelling the Roses” or to savor the positive experiences is to:
   A. Tell someone (3) good things that happened to you during the day.
   B. Tell someone (3) good things that you did during the day.

Follow-Up Activities:

6. Write a Gratitude Letter, “a super-sized version of a thank you letter” to someone who has made a difference in your life that has gone unthanked.

Fixed Mind Set vs. Growth Mind Set - See Half Full handout for follow-up activities and questions.

Fixed Mind Set = belief that talents, personality, etc. are genetic and fixed
Growth Mind Set = belief that success if due to effort more than aptitude