

QUEST

Sunday, June 8 at 9:15am in Dobkin Hall

Childcare Provided

Gratitude and Happiness



with Jimmy Reeves

This week's Quest will explore the power of gratitude, and how it can transform even the most debilitating of life's challenges. In her Ted talk "How Gratitude Rewires Your Brain", Christina Costa, a PhD psychology student, discusses her diagnosis of a brain tumor and how gratitude has made a pivotal impact on her attitude and outlook on life.

https://www.ted.com/talks/christina_costa_how_gratitude_rewires_your_brain https://www.ted.com/talks/nic_marks_the_happy_planet_indexosta_how_gratitude_rewires_your_brain

Here are some questions to ponder:

1. What do you think of “kissing your brain” as a form of gratitude? Is this a practice that you might consider?
2. Does Costa’s rejection of being a “fighter” to beat her cancer make sense to you?
3. How do you react to her statement that her body should not be a battlefield?
4. Do you think you would be capable of feeling gratitude for your body instead of focusing on fighting the cancer inside you?
5. Did you find useful Costa’s Practicing Gratitude suggestions like writing down three things every day that you’re grateful for”?
6. Do you love your body unconditionally?

In his Ted Talk “Want to be Happy? Be Grateful”, David Steindl-Rast argues that the road to happiness, something he suggests we all crave, is living gratefully. He also provides a method for experiencing gratefulness using the formula “Stop, Look, Go”.

[https://www.ted.com/talks/david steindl rast want to be happy be grateful](https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful)

1. Do you believe that rather than “Happiness makes us grateful, gratefulness makes us happy”?
2. It true that gratitude comes when we accept a gift, freely given”, that is of great value to us?
3. What do you think of the idea that every moment is a “given moment”?
4. Do you find “Stop, Look, Go” a useful way to experience gratefulness, and by extension, happiness.