

# First Thoughts

“Gratitude is not only the greatest of virtues, but the parent of all others.”

-Marcus Tullius Cicero

“When you practice gratefulness, there is a sense of respect towards others.”

-Dalai Lama

How would you finish this sentence? Gratitude is...

What is the first thing that comes to mind for which you are truly grateful?

1

# Video

Video Link:

<https://youtu.be/JMd1CcGZYwU>



2

# The *Science* of Gratitude

**Research from Dr. Robert Emmons from UC Davis shows gratitude will...**

Build immunity

Lower blood pressure

Prompt better health and exercise

Help you to sleep better

Make you more positive and happy

Make you more alert and awake

Help you experience more joy

Prompt generosity and compassion

Encourage forgiveness

Help you to feel more outgoing

Decrease loneliness and isolation

# Core Challenge

## **Cultivating Gratitude.**

For the next week, on a phone or device, keep track of at least one thing you can feel or show gratitude for each day.

Try doing this for three weeks.



THE CORE PROJECT

