

THE PARACHUTE: GRATITUDE

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this All In video episode.

More and more of us struggle with mental wellness. There's a surprising way to increase happiness and combat stress, low energy and poor sleep: gratitude. However, being grateful can actually be harder than it sounds. In this episode, Gian Paul and students discuss some key insights and habits that help.

1. In the video, Gian Paul talked about showing gratitude to people who might be overlooked in our lives. Who is a person that deserves some gratitude for the impact they've made in your life?

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2. Name something good in your life. Be specific. It could be a small thing that's happened since this morning or a big thing that's impacting your life in larger ways.

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3. Do you have any habits that include gratitude (meditation, journaling, texting the people you appreciate, etc.)?

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4. Do you ever find it hard to have a grateful attitude? Why do you think that is?

YOUR "ALL IN" CHALLENGE

Think about someone who has "packed your parachute." This person may have made your life easier, better or safer in some way. Take a minute to show your gratitude with a note, text, call or social post. We encourage posting to social to combat all the negativity online!

Don't forget to tag @JostensRenaissance so we can celebrate that person with you.

