

Week 5 – Video 15 Homework

- ✓ Go outside and make some connections
 - Smile
 - Wave
 - Small talk
- ✓ Reflect on relationships with family & friends
 - Express gratitude for at least 3 different people – jot down specifically what you are grateful for – something they did, something they said, something they are to you, etc.
- ✓ Gratitude letter and visit
 - Sample guideline:
https://ggia.berkeley.edu/practice/gratitude_letter#:~:text=Don't%20worry%20about%20grammar,you%20often%20remember%20their%20efforts.
- ✓ Jot down 3 good things that happened at the end of the day, and/or try a gratitude journal
 - Sample guideline:
https://ggia.berkeley.edu/practice/gratitude_journal
- ✓ Continue with your value-based goals
- ✓ Continue with your exercise goals
- ✓ Gratitude video reference:
https://www.youtube.com/watch?time_continue=3&v=aqLXGiqT2ZE&feature=emb_logo&utm_source=Greater+Good+Science+Center&utm_campaign=4e8b7215bb-EMAIL_CAMPAIGN_GG_Newsletter_Nov_19_2019&utm_medium=email&utm_term=0_5ae73e326e-4e8b7215bb-74369575