

“Cultivate an Attitude of Gratitude” Resource List



LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

Free Gratitude Apps (found in Google Play)

- 365-Gratitude journal-self care
- Presently: A Gratitude Journal
- Gratitude Journal Affirmations
- Three Good Things-daily gratitude journal

Recommended Ted Talks on Gratitude

- David Steindly-Rast: Want to be happy? Be grateful
- Mike Robbins: The power of appreciation
- Shawn Achor: The Happy secret to better work

References and Sources:

- Gratitude Works! A 21-Day Program for Creating Emotional Prosperity, by Robert A. Emmons
- Thanks: How Practicing Gratitude Can Make You Happier, by Robert A. Emmons
- 8 to great, by MK Mueller
- PositivePsychology.com: The Research on Gratitude and its Link with Love and Happiness
- PositivePsychology.com: 13 Most Popular Gratitude Exercises & Activities
- Happy Hacks for a Flourishing Life, by David Schramm, Utah State University

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