

**David Steindl-Rast**

**Want to be happy? Be grateful.**

TED Lectures

Note-taking Activity

**Directions:** First listen to the lecture and take notes. Then using your notes, you will answer the following questions.

1. What does the speaker believe all people in the world have in common?
2. What is the topic of the discussion and how does he see its connection to happiness?
3. How does the speaker see gratefulness coming about?
4. How does one live a grateful life?
5. Does the speaker believe the cliché “opportunity only knocks once”?
6. What opportunity arises in times of hardship or difficulty?
7. What is the suggested three step method for living gratefully?
8. Why is gratefulness hard to achieve?
9. What does the speaker equate to “looking”?
10. What are the benefits of being grateful?
11. What does the word “mushroomed” mean in this context?  
“We have a network for grateful living and it has mushroomed”.