

Answer Key

David Steindl-Rast

Want to be happy? Be grateful.

TED Lectures

Note-taking Activity

1. The desire to be happy.
2. The topic is gratefulness. The connection is that a person must be grateful to be happy.
3. When something we value such as time is given to us.
4. By accepting that every moment given to us is valuable and that we have an opportunity to do or experience something.
5. No. There are always new opportunities.
6. The opportunity to learn something from the difficult experience such as patience or to stand-up for one's opinions or convictions.
7. Stop. Look. Go.
8. We all rush through life too quickly.
9. Enjoying life.
10. If you are grateful, you are not fearful and you feel satisfied and joyful.
11. Grown very quickly.