

OVERVIEW

GRATITUDE IS A SENSE OF WONDER,
DELIGHT, HUMILITY, AND... CONFUSION.
BEWILDERMENT IS THE HOLIEST OF HOLY
EXPERIENCES. YOU LOSE YOUR HUBRIS.
AND THIS BECOMES SACRED IN EVERY
MOMENT. THAT'S GRATITUDE.

DEEPAK CHOPRA

GRATITUDE REVEALED

ABOUT THE FILM

An epic journey forty years in the making, Gratitude Revealed from acclaimed filmmaker, Louie Schwartzberg, the director of Fantastic Fungi, takes us on a transformational, cinematic experience of how to live a more meaningful life full of gratitude through his intimate conversations with everyday people, thought leaders, and personalities revealing gratitude is a proven pathway back from the disconnection we feel in our lives; disconnection from ourselves, our planet, and each other.

USE THE GRATITUDE REVEALED GUIDE & PRACTICES RESOURCE

The resource guide created for

Gratitude Revealed is an invitation to
explore the multifaceted qualities of
gratitude in order to expand and
benefit from its practice. The complete
guide is for higher education, faithbased organizations, and general
community screenings.

EACH AUDIENCE SECTION

INCLUDES THESE RESOURCES THAT

CAN BE USED FLEXIBLY TO MEET

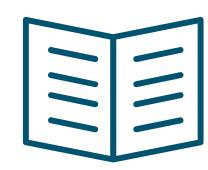
YOUR SCREENING OR LEARNING

OBJECTIVES.



WATCH

This includes two film segments from Gratitude Revealed to help focus discussions



READ

One or two readings relevant to the audience are included to deepen understanding and forge greater connections



QUESTIONS

Questions for discussion, research, and study: Film-specific discussion questions are included to inspire reflection and conversation



CREATE & EXPRESS

Additional links to continue learning and exploring the practice of gratitude.



LEARN MORE

There is also a Gratitude Revealed Parent Handbook that includes discussion questions, ideas, and activities specific for families available at gratituderevealed.com

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*Make sure to look at (and play) The Gratitude Game in The Parent Handbook. It can be easily adapted for any audience and is a great and creative way to exercise more gratitude in our lives.

PLANNING & HOSTING A SCREENING: CREATE A SPACE FOR GRATITUDE REVEALED

"We're on two journeys, A horizontal journey and a vertical journey. The horizontal journey is 'I've studied this and I am studying that and I'm learning more as life goes on.' The vertical journey is into oneself and into the meaning of being — that is the longer, I find, and perhaps the more rewarding journey." – Norman Lear, Gratitude Revealed

Consider ways you can bring a similar spirit of a life-long learning to your event. Refer to the Gratitude Revealed Guide & Practices for more information.

SIX WEEKS TO TWO MONTHS PRIOR

- Set a time, date and location and decide if it will be in-person or virtual.
- Brainstorm possible community partners to plan with for support and outreach.
- Decide on the format for your postscreening event. For example, a Panel Discussion, Community Conversation or Workshop. Tailor the format to best fit your audience.

ONE MONTH PRIOR

- Send out invitation with time, date, location and description of event.
- Continue coordinating with community partners.
- Decide roles and responsibilities for the screening so that all partners can prepare and participate fully.

DAY(S) BEFORE

• Send reminder to the community attending. Re-watch the film, review this guide and your agenda. Test your a/v equipment on-site or online for a virtual screening.

DAY(S) BEFORE

• Arrive at least an hour prior. This allows for enough time if you need to set up the room, test the a/v equipment, greet guests and panelists, and review your agenda.

LET US KNOW HOW IT GOES!

Often the most rewarding feelings surrounding gratitude happen when they are shared.

- We can't wait to hear about your event! Please provide us with your thoughts on this short feedback form here.
- Share on social media, which may inspire others to follow your lead in hosting an Impact Gratitude Event. You can use the hashtag
 #GratitudeRevealed

Trailer Facebook Twitter Instagram

