

An aerial view of a waterfall cascading over a dark, rocky ledge. Above the waterfall, the surface is covered in a dense, colorful layer of what appears to be coral or a similar marine life, transitioning from light blue and green at the top to darker brown and blue towards the water. The overall scene is vibrant and detailed.

FROM THE DIRECTOR  
OF FANTASTIC FUNGI

# GRATITUDE REVEALED

CATCH THE WAVE

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, faith-based 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](http://gratituderevealed.com)

There is also a **Gratitude Revealed Parent Handbook** that includes discussion questions, ideas, and activities specific for families available at [gratituderevealed.com](http://gratituderevealed.com).

\*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](#)



An aerial photograph of a waterfall cascading over a rocky ledge. The water is a vibrant blue, and the surrounding landscape is a mix of brown and teal, creating a marbled effect. The text is overlaid on the image.

**THANK YOU!**

**GRATITUDE**  
R E V E A L E D

For more information: [www.gratituderevealed.com](http://www.gratituderevealed.com)