

BONUS QUESTIONS

1. What is an example of a positive emotion and how can you create space for them? Why or why not?

2. Do you typically find yourself able to scan for positives through your day? Provide 2-3 reasons to support your answer.

3. Do you agree/disagree that finding gratitude is a choice? If so, is it an easy choice to make? If not, why? Defend your position with 2-3 details.