Let´s have some fun?

"Practice and repetition lead us to perfection, or at least, closer enough".

Here are the answers

The Roman philosopher, Cicero, described gratitude as
The answer is: the mother of all virtues.

Gratitude is the concept of being
The answer is: thankful.

Scientifically, which of these does not qualify as a basic emotion?
The answer is: gratitude

Gratitude has been studied scientifically only
The answer is: in the past thirty years.

Researchers found gratitude to be associated with brain activity in areas of
The answer is: fairness and value judgments.

In a study, how long did people write down 3 things that went well each day and why?
The answer is: for one week

Did their happiness scores keep improving over time?
The answer is: Yes

How much happier were the participants of the study six months later?
The answer is: Nine percent happier

Another study found that keeping a gratitude journal increased
The answer is: heart health and quality of sleep.

In the video, what is another term used for gratitude?
The answer is: counting your blessings

The main idea of this video is:
The answer is: Being grateful makes people happier and healthier.

Fab Silva