

**Dig your well  
BEFORE  
you are thirsty**

**Make America  
Grateful  
Again**

# Robert Emmons

## ARC Model of Gratitude

Gratitude

***Amplifies*** goodness,

***Rescues*** us from negative emotions, and

***Connects*** us to others in meaningful ways

**Begin** before you are ready.

They do not need to be great or grand.

They need to be real.

**Practice gratitude in prayers,  
reflections, chants,  
and meditations.**

**Gather with  
“like-spirited”  
people.**

**Live more simply.  
Let go of material things  
that burden you.**

**Look for good examples of  
grateful people in your life  
and from history.**

**Learn from them.**



**Think with your heart**

**See Differently**

**Develop “soft-eyes”**

**Find a  
Beloved Community  
and really take part in it.**

**Contemplate the face of the world!**

**Gratitude empowers us to stare at  
reality and overcome what is  
challenging, violent, and evil.**

**Do not turn away from the world, turn  
toward it.**