



A LITTLE BOOK OF GRATITUDE

BY LOUIE SCHWARTZBERG

WELCOME & THANK YOU

We started with a simple belief that gratitude can change the world.
Then, you helped us prove it.

Gratitude Revealed consists of 16 short films with one consistent objective: Provide a visual expression of gratitude that could produce a measurably positive impact on both individuals as well as the collective whole.

Millions of individuals from every corner of the globe have embarked on this warrior journey with us, sharing your heart, your insights and revelations, and sharing your breath-taking moments of gratitude with me.

This little book is my way of saying thank you for walking a little while with me along the same path.
What follows are collected comments from individuals who completed our gratitude challenges.
We've kept the names anonymous to respect their privacy.

With gratitude,

A handwritten signature in black ink that reads "Louie Schwartzberg". The signature is fluid and cursive, with the first name "Louie" written in a larger, more prominent script than the last name "Schwartzberg".





FORGIVENESS

“A gift I didn’t expect from this was to find forgiveness. As I was looking for things to be grateful for, my mind went directly to an old hurt. I started to walk around it, circling it like a boulder. I decided to walk up to it and touch it, see what it was made of. The walls crumbled before my eyes, and saw this vision of myself as a little child, sitting in the middle where the boulder had been, just needing to be held and loved.... It was such an extraordinary sight! And, as I sat there holding this little sweet child form of me, tears fell from my eyes and all the hurt and anger washed away. I was left as a whole being, heart full of gratitude for the capacity to love myself and others. Thank you!”

PURPOSE

“I hope this resonance of gratitude spreads, like waves meeting other waves and transforming little by little, opening the eyes to beauty, illuminating the love we sometimes forget to see around us.”



PAUSE

“What touched me more than anything else was witnessing my daughter experience gratitude for our family. We took a moment at dinner to consider how much we appreciated each member of our little tribe. As my daughter looked to her right and held her brother in her gaze, a transformation of tenderness fell upon her face.

As a mother, there are no words to describe my heart at the moment, so full with gratitude.”



THE LOVE OF MY LIFE

“It was a wonderful, intense experience. It was in some moments kind of heartbreaking, but the kind of heart-breaking that opens the soul.”

GRATITUDE FOR EVERYTHING

“There were moments when we laughed together remembering some moments and there were moments of tears in the eyes, as opening about challenges and hurts made us feel sad but even more together. We said what we like and are grateful about each and every part of the other's being. And it was really beautiful, as we started obviously from the physical body-and what an amazing foreplay this exercise is-but we continued thanking even for each wrinkle and white hair that appeared in all this time that we have shared together, and for the heart-beats, and breath, and light coming through the skin and through the eyes, and texture and tenderness and warmth and ultimately we just thanked each other and we ended in a meditation of gratitude to GOD for us, for us together, for everything.”





MOOD MOSAIC

"I'm patiently exploring the mosaic of my moods... Following the instructions to color in my legend of gratitude each day, one color at a time. As the days pass, I step back to reveal the roadmap of my life's emotions. And to my surprise, there is a transformation of gratitude taking hold."



GRATEFUL FOR HIS NOSE

“Tonight we laughed for hours, falling in love with each part of the whole. I actually felt grateful for his nose! After over 30 years of marriage, how wonderful to feel so grateful for this simple life we share.”

A large number of bees are shown in flight against a bright blue sky filled with soft, white clouds. The bees are captured in various positions, some in sharp focus and others blurred, creating a sense of movement and a large swarm. The overall scene is bright and airy, with the green tops of trees visible at the bottom edge.

CONNECTION

“I was surprised to discover how connected I can feel to strangers, once given the chance to help them and be generous. What a gift.”

WONDER & AWE

“There is nothing more satisfying than seeing my child explore and grow. When you witness the process of your child discovering something new that delights them. So often, their first thought is to look up and see if you are there and if you also saw the miracle. And, when I can share that glance of wonder and awe with her, there’s this moment of explosive celebration in both our hearts. God, I love her so much.”

SECRET GIFTS

“At first, it was hard to think of ways to show anonymous gifts of gratitude. I found a single flower and placed it on my friend’s desk. By the end of the day, my mind was overflowing with simple gestures, showing thanks and appreciation. Now, it’s all I can see!”

ENERGY

“Gratitude is a burst of energy, better than any cup of coffee I’ve ever had, and equally addictive. I wake up wanting to bounce out into the world and get my fix of joy and abundance. Everything is perfect in the world when I see it as so. Life is extraordinary, isn’t it?”

LAUGHTER

“It’s funny... our family admitted we were a little shy at first to talk about gratitude, especially my teenage daughter. I’m not sure why. I think because underneath it all we are so grateful, there’s just so much love it is almost too much to take. So, it’s easier to laugh it off and make small talk. To protect our hearts from the depth of our love for one another. But, at the end of dinner, my daughter asked if we could make this a regular tradition... And, just like that, our family is changed forever.”

AWARENESS

“It was amazing to share a time for thanking and for becoming very aware of the gratitude we have for each other, for the amazing universe that the other is, for the amazing Universe we are together.”



BREATHING DEEPER

"I'm amazed at the profound shift of light today.
Everything seems suddenly just a little bit
brighter. I feel humbled and relieved. I feel alive."

COURAGE

“This was so far out of our comfort zone. I’ll admit, we consider this kind of stuff to be kind of silly most of the time. But, you know what? I am grateful, and saying why out loud to the people I love felt really amazing. I’d even do it again!”



PATIENCE

“After the third day of cultivating gratitude, time seemed to slow down. I noticed details I hadn’t even seen before. I felt like all my senses were awakened from a deep sleep.”



GIVING THE GIFT OF GRATITUDE

“The voting for who we would thank as a high school class resulted in the nomination of our Latin teacher, the secretary and our new janitor. We decided to choose our secretary. The students were grateful for how often she goes out of her way to get a message to them, make sure they get their forgotten materials, or orders them lunch when they forget theirs. I was impressed with how they recognized exactly how often she goes above and beyond.

The students were motivated to express their gratefulness in the hallway and while they saw them throughout the day. I believe just making them aware that they should make graciousness a part of their daily routine has changed the aura of the class in general. They are definitely at least aware of cases when gratitude would be very appropriate and appreciated.

This experiment definitely increased the level of awareness of of gratitude of my teenage students.”



FEELING A PART OF THE WHOLE

"I stared up at the sky, wondering where I fit in.
For a moment, I felt small and frightened... and
then I was swept into feeling a part of
everything. Safe. Whole. Loved. Grateful."

LITTLE THINGS

“Celebrate the little moments. This has become a precious habit of ours... I am so grateful to be reminded to stop and say ‘thank you’ to the hot and cold water, to the zesty lemon and the salt shaker. Life is so bountiful, it is almost overwhelming!”

A wide-angle photograph of a beach at sunset. The sky is filled with vibrant orange and yellow clouds, with a bright sun low on the horizon. The ocean waves are breaking, and their white foam is visible. The wet sand in the foreground reflects the colors of the sky and the sun. The overall mood is peaceful and inspiring.

GENEROSITY

“Our community always looks for ways to support one another, but sometimes it has felt a bit heavy, like a duty. With this wonderful exercise, we’ve never had so much fun as when we turned it into a game. I think we each got so much more than we were able to give away. The element of play, of secrecy and mischief, and childlike laughter when we discovered we were ‘targets’ of generosity. How glorious! How inclusive! How bonding! I feel closer to my congregation now than I ever thought possible, which is incredibly fulfilling on a spritual level.”

CREATIVITY

"We found ourselves mesmerized in conversation,
discussing what matters in this life, caring deeply about
hearing what each had to say."

MINDFULNESS

“I struggle so much with conditional love. I do not feel the connectedness to others that other people are privileged with, and it gives me great sorrow that has grown into a lament. To be so close to people and yet so far away...

I found this gratitude exercise to be a ‘tangible’ gratitude exercise. Gratitude is a feeling that comes over you, it overwhelms you with a sense of completeness for that given moment. I keep a gratitude journal. Mine did start off vague and general, but I noticed that as I progressed, my gratitude grew to be more detail oriented.

At the end of this exercise, I feel I was able to appreciate moments of calm better. I laughed more often. I feel a deepened connection to nature.”



THANK YOU

ABOUT LOUIE

An award-winning cinematographer, director and producer whose notable career spans more than four decades providing breathtaking imagery using his time-lapse, high-speed and macro cinematography techniques. Schwartzberg is a visual artist who breaks barriers, connects with audiences, and tells stories that celebrate life and reveal the mysteries and wisdom of nature, people, and places.

Louie's recent theatrical releases include the 3D IMAX film *Mysteries of the Unseen World* with National Geographic, narrated by Forest Whitaker, and the documentary *Wings of Life* for Disney Nature, narrated by Meryl Streep. *Mysteries* is a journey into invisible worlds that are too slow, too fast, too small and too vast for the human eye to see, while *Wings of Life* focuses on pollination and the web of life. Louie also directed *Soarin' Around the World*, an international update to the original *Soarin'* ride now showing at Disney Parks in Anaheim, Orlando and Shanghai.

Designed to inspire, educate and evolve our perspective on the world, Schwartzberg creates and curates Moving Art™ videos, which can be found on your smart phone and Netflix. The Moving Art™ series will be expanded from six to thirteen videos in early 2017.

Louie's three TED talks have gone viral with almost 50 million combined views. His Gratitude Revealed series of shorts were launched on Oprah.com. Supported by the Templeton Foundation, with science and analytics by the Greater Good Center at UC Berkeley, the series explores the multifaceted virtues of gratitude. Louie is the first filmmaker to be inducted into the Association for the Advancement of Science (AAAS) and the Lemelson Foundation's Invention Ambassadors Program.

For Schwartzberg, the greatest satisfaction is creating works that can have a positive effect on the future of the planet. "I hope my films inspire and open people's hearts. Beauty is nature's tool for survival – we protect what we love. Nature's beauty can open hearts, and the shift in consciousness we need to sustain and celebrate life."





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