



Hey, Orson, it's a little unusual for you to be so philosophical.

Maybe so. I do tend to mostly push out messages about how our Wells campus community can be more sustainable. But I am very grateful to all those who have listened and taken action.

I give you a lot of grief about your antics, Orson, but I am really glad you are here, helping spread the word about being more sustainable.

Successful people practice gratitude. It is hard to be successful if you aren't happy and thankful for all life has to offer. Here are five ways to cultivate an "attitude of gratitude":

1. Write it down.

Keep a gratitude journal. Try it for 30 days. Be specific about what you are thankful for. Watch how your thoughts develop over time. You may start out simply, but when you add stories and color, it becomes more powerful.

2. Talk about it.

Sharing what you are thankful for isn't just for Thanksgiving. Make it a habit to talk about what you are grateful for all year long. It will reinforce your feelings. If you are really thankful, what do you do? You share.

3. Meditate.

Whether you regularly meditate or not, take a break a few times a day. Focus on a spirit of thankfulness. Who are you thankful for? Bring that person to mind. Imagine your life surrounded with blessings.

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4. Express it.

Find that teacher who made a difference in your life, and tell him or her. Write a personal note and tell a long lost friend what she meant to you.

5. Seek it.

If you want to be thankful, get around people with that characteristic. Some people just bubble over with enthusiasm and gratitude for life.

Source: Skip Prichard



To get ready for the Thanksgiving holiday break, *Residential Life* reminds you do the following:

- Close and lock your window; close your shades.
- Unplug all appliances and electrical devices, including alarm clocks.
- Refrigerators may remain plugged in (but eat or toss food that could go bad over break).
- Empty your trash and recycling containers.
- Remove all perishable food items.
- Turn off all lights and lock your door.

New **GOTCHA** cards were issued for Block 2. Let us "getcha" doing the right things right! This card is good through **December 9th**.



"Installment" is a double play on words: these mini-newsletters are placed inside bathroom cubicles ("in stalls") and the content changes periodically - in "installments."

Get it? Got it? Good!



As the 'official' start of the holiday shopping season, *Black Friday*, on November 27th, has almost become a holiday in and of itself. With many stores opening as early as 4 pm on Thanksgiving, it's making the day less about gratitude and more about greed. This year, opt out of the *Black Friday* madness and try one of these free or inexpensive holiday activities:

Holiday Movie Marathon – Pop popcorn, set up a hot chocolate bar, and spend the day watching your favorite holiday movie classics. Usher in the season without spending very much.

Make Holiday Treats – Planning to give homemade treats as gifts? Start now so you don't have to rush later. Spend the day assembling ingredients, preparing gift packaging and freezing batches of cookie dough. When the time comes, all you have to do is bake.

Put Up Seasonal Decorations – Decorate with items you already have and get that excited, holiday buzz without spending a dime.

Discover DIY – There are lots of fun and festive gifts you can make yourself – and there's nothing that beats the personalized feeling of a handmade gift. Look online for ideas.

Shop Local – Wait until *Small Business Saturday* to shop locally owned businesses and support the local economy. For every \$100 spent at a local business, \$68 stays in the community, vs. just \$43 if you shop at a national retailer. And *none* of your money stays local if you shop on *Cyber Monday* from online retailers. **THANKS!**

Installments

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arrive curious ∴ graduate prepared.