

## Common Good Pitch

What Good Gratitude?

As an applied researcher focused on arts-based learning for a long time, I have followed our understanding of the neuroscientific implications of creativity. From increasing brain neuroplasticity, to developing positive personality traits, to improving cognition, studying creativity has been an important throughline of my work. My research has connected creativity and gratitude. Over the last decade, I have conducted “gratitude conversations” with more than 20 people — including Best-selling Authors, Pulitzer Prize Winners, Professors, Researchers, Yogis, Military, Business Leaders, and others.

The working thesis for this piece is that the distance between revenge, forgiveness, creativity, and gratitude is not long. Gratitude as fruit of the spirit. Gratitude as informal virtue. The piece will incorporate interviews, source work, philosophy, and “hard science” to explore gratitude’s depth and contours. The piece fits into Common Good’s pages as it will explore research about the mental and emotional benefits of gratitude, investigate the way in which brain science interacts with gratitude, and make the case for everyday gratitude.

I am a writer, researcher, and storyteller. I have been published in the Washingtonian, City Lifestyle, Grateful Living, Teaching Exceptional Children, and Elephant Journal. I have written about the arts and sciences for leading organizations such as the John F. Kennedy Center for the Performing Arts, the United States Department of Education, the University of Cincinnati, Ohio University, several state Departments of Education, NASA, and Blue Man Group. I received my Ph.D. from the University of Texas at Austin. Read more about my work in my newsletter — The Wide-Awakeness Project — <https://katiesteadlycurling.substack.com> and via the Selected Publications link on my website — <https://www.katiesteadly.com/writing/>.