



*A* grace notes<sup>®</sup>  
Experience

**With Andrea Driessen**

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**The Zulu word *ubuntu* means:**

“I don’t know who I am until  
you reflect it back to me.”

**To access most of the data I shared, AKA the  
Math of Mattering & Science of Being Seen**

**visit**

**<https://www.grace-notes.org/mattering>**

**(additional stats below)**

**1/2**  
of U.S. adults  
live with  
measurable levels of  
**loneliness—**  
more than **diabetes!**

SOURCE: former US Surgeon General [Dr. Vivek Murthy](#)

# Passive & active social media use

is associated with increased feelings of loneliness over time...

These results suggest that the quality of digital interactions may not fulfill the social needs that are met in face-to-face communication.

SOURCE: [Baylor University](#)



So, augment use of social **media** channels with the **social MATTERING channel: *Gracenotes***

# Social isolation

is equivalent to smoking up to 15 cigarettes a day--because **isolation and loneliness are associated with increased chance of**

- ✓ heart disease
- ✓ depression
- ✓ dementia and
- ✓ early mortality

SOURCE: [National Institute of Aging](#)



# Top 5 regrets of people who are dying include...

wishing they'd had the courage to **fully express their feelings.**

SOURCE: [Bronnie Ware](#)

# By performing an act of kindness...

we are more likely to be happier than if we had a **bump in salary**.

And doing nice things for one another helps the recipient **and** the doer feel happier.

SOURCE: [Gallup](#)



Up to **40%**

of our happiness is shaped by  
our intentional actions  
and habits.

SOURCE: [\*The How of Happiness\*](#) book  
by Sonja Lyubomirsky

**Foster meaning & delight  
(*not* awkwardness)  
by reaching out to others  
with a Gracenote.**

Dr Peggy Liu's study: [Papers.ssrn.com](https://papers.ssrn.com)

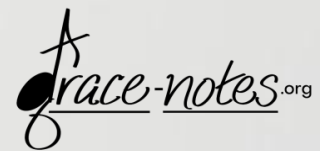
# **Strong and secure relationships**

Can increase longevity by roughly 50%!

Source: [Brigham Young Univ.](#)

# Easy ways to harness more time and emotional bandwidth:

- Swap out one habit with writing a Gracenote instead
- Schedule a meeting with yourself (make it recurring!)
- Take a walk with a notebook and pen

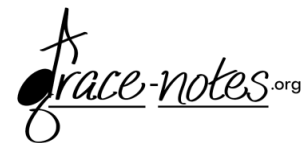


# ~~How are you?~~

- What has your attention right now?
- What kind of day have you had?
- What can I help with?
- What's been most meaningful to you today?

**“If not for you...”**

Questions courtesy of Dr. Zach Mercurio

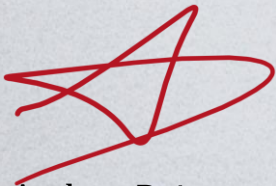




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