

# Gratitude to God

## Instructions:

Please rate your level of agreement with the following statements about yourself in the past month:

1	2	3	4	5
Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree

## Rating

- \_\_\_\_\_ 1. Simple pleasures like a beautiful view or a delicious meal often remind me of how good God has been to me.
- \_\_\_\_\_ 2. When I think of how good others have been to me, it makes me feel very thankful to God
- \_\_\_\_\_ 3. Because my life has been so bad, I have very little to thank God for.
- \_\_\_\_\_ 4. When I see the beauty of new life in the spring, I feel very thankful toward God.
- \_\_\_\_\_ 5. When I think of what others have done for me in my life it makes me appreciate God even more.
- \_\_\_\_\_ 6. I feel very grateful to God when I think of my family.

Now calculate your gratitude to God score!

Step 1: Item 3 needs to be *reverse scored*. Use the following chart to convert your scores:

1	2	3	4	5
5	4	3	2	1

3R: \_\_\_\_\_

Step 2: Calculate your gratitude to God score by taking the average of all six items (use 3R instead of 3). To do this, add each item score and divide by six.

Gratitude to God Score: \_\_\_\_\_