

# Gratitude

## Instructions:

Write a number beside each statement to indicate how much you agree with it about yourself in the *past month*:

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

## Rating

- \_\_\_\_\_ 1. I have so much in life to be thankful for.
- \_\_\_\_\_ 2. If I had to list everything that I felt grateful for, it would be a very long list.
- \_\_\_\_\_ 3. When I look at the world, I don't see much to be grateful for.
- \_\_\_\_\_ 4. I am grateful to a wide variety of people.
- \_\_\_\_\_ 5. As I get older, I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- \_\_\_\_\_ 6. Long amounts of time can go by before I feel grateful to something or someone.

Now calculate your gratitude score!

Step 1: Items 3 and 6 need to be *reverse scored*. Use the following chart to convert your scores:

1	2	3	4	5	6	7
7	6	5	4	3	2	1

3R: \_\_\_\_\_ 6R: \_\_\_\_\_

Step 2: Calculate your gratitude score by taking the average of all six items (use 3R and 6R instead of 3 and 6). To do this, add each item score and divide by six.

Gratitude Score: \_\_\_\_\_