

Feel the Love

The Gratitude Questionnaire

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neutral
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

- ___ 1. I have so much in life to be thankful for.
- ___ 2. If I had to list everything I felt grateful for, it would be a very long list.
- ___ 3. When I look at the world, I see so 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. Very short amounts of time can go by before I feel grateful to something or someone.

Add up your points. The higher your score, the more grateful you are. A score of 39 or higher means you are intensely grateful. Under 24 means you could probably use a little Thank You power in your life. A score of 33 means you are in the mid-range of gratitude.

