

## GRATITUDE QUIZ

Grateful people are happy people. Take this quiz to find out how grateful you are! This can be a good way to measure your gratitude levels and then practice gratitude using the other tools.

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### Quiz

How frequently do you experience each of the below:

	Never	Once a year	A few times a year	Once a month	A few times a month	Once a week	More than once a week
I feel thankful for my degree of physical health	0	1	2	3	4	5	6
I count my blessings for what I have in this world	0	1	2	3	4	5	6
I reflect on the worst times in my life to help me realize how fortunate I am now.	0	1	2	3	4	5	6
I think of people who are less fortunate than I am to help me feel more satisfied with my circumstances.	0	1	2	3	4	5	6
I remind myself how fortunate I am to have the privileges and opportunities I have encountered in life.	0	1	2	3	4	5	6
I reflect on how fortunate I am to have basic things in life like food, clothing, and shelter.	0	1	2	3	4	5	6
I really notice and acknowledge the good things I get in life.	0	1	2	3	4	5	6

To what extent do you agree or disagree with these:

	Strongly agree	Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Disagree	Strongly disagree
When I swerve to avoid a car accident, I feel relieved that I am ok.	6	5	4	3	2	1	0
I am content with what I have.	6	5	4	3	2	1	0
When I drive by the scene of a car accident, it reminds me to feel thankful that I am safe.	6	5	4	3	2	1	0
It is important to appreciate things such as health, family, and friends.	6	5	4	3	2	1	0
Although I don't have everything I want, I am thankful for what I have.	6	5	4	3	2	1	0
I remind myself to think about the good things I have in my life.	6	5	4	3	2	1	0
I appreciate my degree of success in life so far.	6	5	4	3	2	1	0
When I see someone less fortunate than myself, I realize how lucky I am.	6	5	4	3	2	1	0

### Scoring:

Add up all your scores from both the tables.

Here is what the score means.

81 and above - You are a rockstar! Either you are naturally inclined to count your blessings or you have conquered the negativity bias and are able to see and pay attention to the 'good thing in life'. Keep up the good work, even in stressful times.

61 to 80 - Good work! You keep your eyes on what you have and are focusing on the right things. Watch out for when times get tough. That's when you need to focus intentionally on this ability of yours with intention.

41 to 60 - You are grateful and then you are not. You are thankful for somethings in life but you may be holding on to some desires that you have that you feel upset or bitter about. Use the 'Count your Blessings' tool or 'Mental Subtraction' tool to help you with practicing gratitude.



21 to 40 - It is difficult for you to notice the good things in life. You may be overwhelmed or sad about some things or some people around you. Seek coaching or therapy to get rid of aspects that you are not able to let go of easily to heal and get more clarity.

0 to 20 - Things are pretty tough right now and you find it tough to see purpose or meaning in life. At this stage, practicing gratitude may not help and you need external support to give you a good start. In the state of mind that you might be in, therapy can help you get out of this before it becomes a negative spiral.

**Take the Gratitude Quiz before this practice and then again after a few months!**