**Measuring Gratitude**

Please indicate how much you agree with the following statements by ticking the appropriate box. This assessment is private to you, and you are not going to be asked to share it with anyone so try to be as honest as you can. It is about exploring how you truly feel at this time.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 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 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. |  |  |  |  |  |  |  |

You can find the scoring instructions on the Grow+ site.