

# Gratitude Assessment



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

*Source: Greater Good Science Center (GGSC), University of California, Berkeley*

You do not need a team of researchers to score this for you as your answers will give you a good indication and a close-up look at yourself.

If you happen to agree with #3 or #6, you may need a gratitude boost. Keep in mind that researchers find that gratitude is an attitude not a feeling. If you practice gratitude, you will eventually become more grateful.