



Journey To Real Vision

GRATITUDE QUIZ

Use this quiz to determine how grateful you are. Using the scale below, rate the frequency of the gratitude statements:

3 = Yes

2=Sometimes

1=No

- I feel grateful every single day
- I have quite a bit to be thankful for
- I feel thankful for the small things in life
- I easily acknowledge my strengths
- I am grateful for the body God gave me
- I am in a state of awe when I am in nature
- I am grateful for the hardships that have happened in my life
- I wake up each morning and write down 5 things I am grateful for in my journal
- I make it a point to say “thank you” to someone every day
- I am thankful for this YOU-niversity!

SCORE:

21-30 You are a very grateful person. Be proud that you truly appreciate what has and will happen in your life!

11-20 You can still work on being grateful in most areas of your life. Keep working at it and remember to utilize your journal.

1-10 You are not being very grateful for where you are in your life. You could benefit from coaching.