## Gratitude Attitude Profile

True gratitude can be difficult to “manufacture” if you don’t truly feel it. However, the more you are able to cultivate true gratitude and feel it deeply, the more you will discover people, situations, and experiences for which you can be grateful. For each of the questions below, choose the number that most closely aligns with your situation or state of mind (1 being “not at all” and 10 being “a great deal”).

1. When you look back on your life, do you have a deep sense of gratitude?

1—2—3—4—5—6—7—8—9—10

2. Do you feel grateful for the little blessings in your life?

1—2—3—4—5—6—7—8—9—10

3. When reflecting on challenging situations, do you often uncover lessons for which you are grateful?

1—2—3—4—5—6—7—8—9—10

4. Can you sink into a state of gratitude and shift negativity when it arises?

1—2—3—4—5—6—7—8—9—10

5. Are you simply grateful for your existence?

1—2—3—4—5—6—7—8—9—10

6. Do you express gratitude for the food you eat, your home, and your conveniences?

1—2—3—4—5—6—7—8—9—10

7. Do you frequently say thank-you throughout your day?

1—2—3—4—5—6—7—8—9—10

8. Do others frequently express gratitude to you?

1—2—3—4—5—6—7—8—9—10

9. Do you express gratitude for the beauties of nature, the arts, or other phenomena of creation?

1—2—3—4—5—6—7—8—9—10

10. Do you feel gratitude towards your future, along with your past and present?

1—2—3—4—5—6—7—8—9—10

If you scored between 76 and 100, you exude gratitude in your life, and you have much to be grateful for. You have likely discovered that the more grateful you feel, the more miracles come your way. Pay attention to the myriad of synchronicities that occur in your life. Ask for them, expect them to continue, and acknowledge them when they do. Gratitude energizes you and raises your consciousness and your quality of life.

If you scored between 51 and 75, you have a great deal to be grateful for in your life and you are pretty effective at expressing it. To create an even greater gratitude attitude, make a point of finding at least three things to be grateful for each day. Your commitment to live in gratitude turns challenges into opportunities and upsets into matters for introspection.

If you scored between 26 and 50, your gratitude attitude could use some improvement. Allow yourself to consciously look for things to be grateful for throughout your day. It might help to keep a gratitude journal or write a list of at least three things you are grateful for at the end of each day. You may want to write a list of all that you are grateful for in your life. Then read the list at least once a week and add to it when you are inspired to do so.

If you scored between 10 and 25, you are focusing more on what you lack than on what you are grateful for in your life. You might want to start with yourself. What do you most respect about yourself? What choices have you made in your life that you are proud of, but never really appreciated about yourself? Start acknowledging yourself, and then extend your gratitude and appreciation to others. As you do, you will shift from lack consciousness to an attitude of gratitude.