

How Grateful Are You?

Test Your Gratitude Quotient

Answer the questions below based on the following scale:

- 1 - strongly disagree
- 2 - disagree
- 3 - slightly disagree
- 4 - neutral
- 5 - slightly agree
- 6 - agree
- 7 - strongly

- ___ I have so much in life to be thankful for.
- ___ If I had to list everything that I felt grateful for, it would be a very long list.
- ___ When I look at the world, I don't see much to be grateful for.
- ___ I am grateful to a wide variety of people.
- ___ As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- ___ Long amounts of time can go by before I feel grateful to something or someone.
- ___ I have been richly blessed in my life.
- ___ To be honest, it takes an awful lot to make a person like me feel appreciative.
- ___ I have a wonderful sense of thanksgiving for life itself.
- ___ I often reflect on how much easier my life is because of the efforts of others.

Calculate Your Score

Add up your scores for items 1, 2, 4, 5, 7, 9 and 10. Reverse your scores for items 3, 6, and 8. That is, if you scored a "7," give yourself a "1," if you scored a "6," give yourself a "2," etc.. Add the reversed scores for items 3, 6 and 8 to the total from Step 1. This is your total GQ score. This number should be between 10 and 70.

How to Interpret Your Score

65-70: Extremely high gratitude. People who score in this range have the ability to see life as a gift. For you, gratitude is a way of life.

59-64: Very high gratitude. Your life contains frequent expressions of gratitude and you are able to readily acknowledge how others have helped you. The next 21 days will nevertheless help you recognize and enhance your gratefulness in every area of your life.

53-58: High gratitude. You are above average in gratitude and find it relatively easy to spend time reflecting on your blessings. You will probably find much to enjoy in the next 21 days.

46-52: Average gratitude. You may find it easy being grateful when things are going well in your life; but may have difficulties maintaining a grateful outlook in tough times. You may find good value in gratitude journaling and the other practices over the next 21 days.

40-45: Below average gratitude. You find it challenging to find reasons for gratitude in your life. Life is more of a burden than a gift. Perhaps you are just going through a downturn. But if that's not the case, going through the journaling exercises over the next 21 days may make a difference in the way you see the world and live your life.