

# GRATITUDE ASSESSMENT

Three amazing people in my life are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three great things about my physical body are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three great things about my home and where I live are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three great things about where I work and what I do for a living are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three great gifts of unique talent and skill I have been given are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three great gifts of knowledge and experience I have been given are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three ways I have experienced "luck" in my life are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three ways in which my life is wealthy, abundant and prosperous are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_