1. I have so much in life to be thankful for.
(There are so many things in life I am grateful for.)

2. If I had to list everything that I felt grateful for, it would be a very long list.
(If I had to record all the things 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.*
(When I look at the world, I don’t see too many things I can be grateful for.)

4. I am grateful to a wide variety of people.
(There is a wide range of people I am grateful to.)

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.
(As I get older and older I learn to better appreciate people, events and situations that are forming the story of my life.)

6. Long amounts of time can go by before I feel grateful to something or someone.*
(It can take me a long period of time before I feel grateful to something or someone.)