

\_\_\_ **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.)*

