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. ___________________________________________