



Rate Yourself:

GRATITUDE



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the gratitude skills listed.

2.) Circle the ones you feel you could improve upon.

Write a goal about how you could change one that you circled that would benefit you.

_____ Show and speak your appreciation of others

_____ Appreciate things instead of taking them for granted.

_____ My gratitude helps me to be positive

_____ I regularly show my appreciation to others

_____ I express thanks regularly

_____ I give praise to others when deserved

_____ I make it a habit to be grateful daily

_____ I replace cynical feelings with gratefulness

A large rounded rectangular box for writing a goal.