

## 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. \_\_\_\_\_