

GRATITUDE WORKBOOK



*"Gratitude makes sense of your past, brings peace
for today, and creates a vision for tomorrow."*

Melody Beattie



A Few Grateful Words



As you are embarking on this challenge of 5 days, I want to say that I am grateful.

I am grateful for you reading these lines.

I am grateful that you take some of your time to learn more about this amazing subject that gratefulness is.

I truly believe there is an incredible source of power linked to our sense of gratitude.

In a world that seems to never sleep. In a world where productivity and "more is better" seems to attract all the attention, you chose to look somewhere else.

This is a strong and compelling choice.

It will lead you to know more about gratitude. And especially, how to develop and nurture it.

And I can tell you, not only will you feel empowered, lifted, as your feeling of gratitude rises; you will also radiate this energy to others and touch their life.

With this 5-Day Gratitude Challenge, you are making a gift to yourself and the ones around you.

This is beautiful.

And I want to thank you for this. These thoughts are exciting and make me look towards the future with optimism. I want to thank you because your choice is creating change. It is already making an impact and this is fantastic.

With Gratitude,

Lison

The Gratitude Questionnaire

The following questionnaire was developed by the American psychologist Michael McCullough, and his colleagues, to evaluate the level of gratitude felt by the respondent.

The tool was first published in the Journal of Personality and Social Psychology in 2002.

Step 1: Score The Questions

1- I have so much in life to be thankful for.

- | | | | | | | |
|--------------------------|-----------------|--------------------------|----------------|-----------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>strongly disagree</i> | <i>disagree</i> | <i>slightly disagree</i> | <i>neutral</i> | <i>slightly agree</i> | <i>agree</i> | <i>strongly agree</i> |

2- If I had to list everything that I felt grateful for, it would be a very long list.

- | | | | | | | |
|--------------------------|-----------------|--------------------------|----------------|-----------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>strongly disagree</i> | <i>disagree</i> | <i>slightly disagree</i> | <i>neutral</i> | <i>slightly agree</i> | <i>agree</i> | <i>strongly agree</i> |

3- When I look at the world, I don't see much to be grateful for.

- | | | | | | | |
|--------------------------|-----------------|--------------------------|----------------|-----------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>strongly disagree</i> | <i>disagree</i> | <i>slightly disagree</i> | <i>neutral</i> | <i>slightly agree</i> | <i>agree</i> | <i>strongly agree</i> |

4- I am grateful to a wide variety of people.

- | | | | | | | |
|--------------------------|-----------------|--------------------------|----------------|-----------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>strongly disagree</i> | <i>disagree</i> | <i>slightly disagree</i> | <i>neutral</i> | <i>slightly agree</i> | <i>agree</i> | <i>strongly agree</i> |

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

- | | | | | | | |
|--------------------------|-----------------|--------------------------|----------------|-----------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>strongly disagree</i> | <i>disagree</i> | <i>slightly disagree</i> | <i>neutral</i> | <i>slightly agree</i> | <i>agree</i> | <i>strongly agree</i> |

6- Long amounts of time can go by before I feel grateful to something or someone

- | | | | | | | |
|--------------------------|-----------------|--------------------------|----------------|-----------------------|--------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>strongly disagree</i> | <i>disagree</i> | <i>slightly disagree</i> | <i>neutral</i> | <i>slightly agree</i> | <i>agree</i> | <i>strongly agree</i> |

The Gratitude Questionnaire

Step 2: Calculate Your Total Score

1- Add up your scores for questions 1, 2, 4 and 5

$$\begin{array}{ccccccc} \underline{\hspace{1cm}} & + & \underline{\hspace{1cm}} & + & \underline{\hspace{1cm}} & + & \underline{\hspace{1cm}} & = & \underline{\hspace{1cm}} \\ \text{Question 1} & & \text{Question 2} & & \text{Question 4} & & \text{Question 5} & & \text{Total (A)} \end{array}$$

2- Reverse your scores for questions 3 and 6. That is, if you scored a "7", give yourself a "1". If you scored a "6", give yourself a "2", etc.

$$\begin{array}{ccc} \underline{\hspace{1cm}} & \xrightarrow{\hspace{1cm}} & \underline{\hspace{1cm}} \\ \text{Question 3} & & \text{Reversed (B)} \end{array} \qquad \begin{array}{ccc} \underline{\hspace{1cm}} & \xrightarrow{\hspace{1cm}} & \underline{\hspace{1cm}} \\ \text{Question 6} & & \text{Reversed (C)} \end{array}$$

3- Sum A (Total from 1), B (reversed score of question 3), and C (reserved score of question 6). This is your final score of the Gratitude Questionnaire.

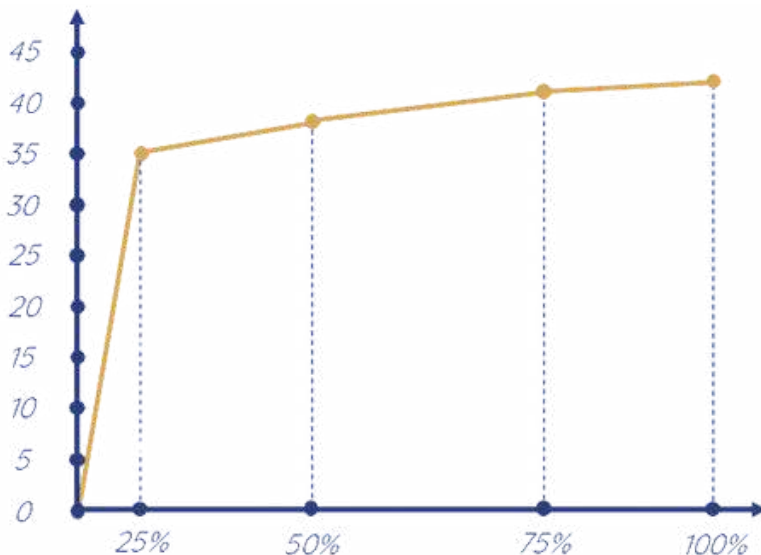
$$\begin{array}{ccccccc} \underline{\hspace{1cm}} & + & \underline{\hspace{1cm}} & + & \underline{\hspace{1cm}} & = & \underline{\hspace{1cm}} \\ \text{Total (A)} & & \text{Reversed (B)} & & \text{Reversed (C)} & & \text{Final Score} \end{array}$$

Your score should be between 6 and 42. The higher your score, the better your disposition toward gratitude.

Note that this score **is only an indication**. Namely, it helps to increase your awareness in regard to your level of gratitude.

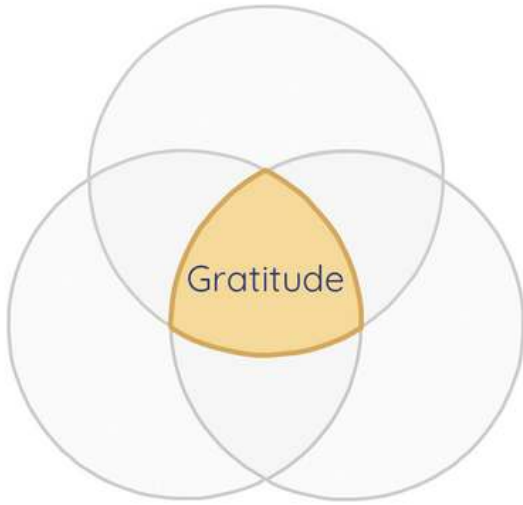
We can use the results obtained from a population sample of 1,224 adults to offer a benchmark and make more sense of the gratitude questionnaire's score.

Gratitude Score



- 25% of people scored 35 or less
- 50% of people scored 38 or less
- 75% of people scored 41 or less
- 100% of people scored 42 or less

Day 1 Of Gratitude Challenge



Key Takeaways

Gratitude is being thankful for what we have and receive from others.

Gratitude improves well-being, mental health and even physical health.

"Some people grumble that roses have thorns; I am grateful that thorns have roses."
Alphonse Karr

The Gratitude Jar

Make yourself a Gratitude Jar to store all your gratitude statements.

If you feel low, you can read a few for a boost.

Don't forget to share a picture on Instagram with the hashtag #GrowGratitude



Today, I am grateful for

1. _____
2. _____
3. _____

Day 2 Of Gratitude Challenge



Key Takeaways

When we are too focused on the negative, we ignore the positive and we cannot find gratitude.

As you look inward and around you, search for the positive to ignite your sense of gratitude.

"The roots of all goodness lie in the soil of appreciation for goodness"

Dalai Lama

Feel Gratitude

As we did in the visualisation exercise, learn to stop and look around you.

What do you see? What do you smell? What can you hear? What can you touch? What can you taste?

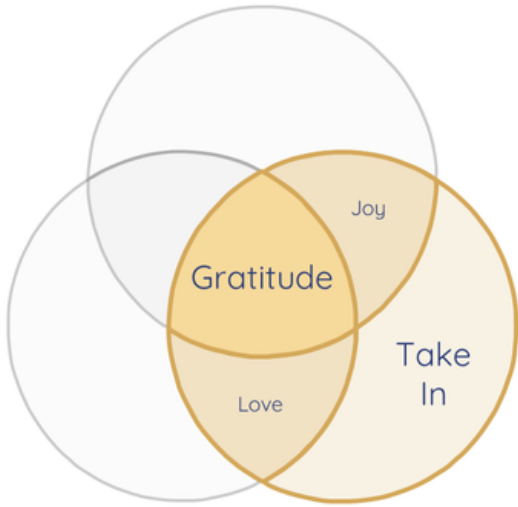
Use all your senses to anchor yourself in the moment and find gratitude.



Today, I am grateful for

1. _____
2. _____
3. _____

Day 3 Of Gratitude Challenge



Key Takeaways

A true and genuine "thank you" changes everything as it shows your appreciation and gratitude.

If you are so used to something, you cannot take in gratitude, imagining losing it.

"Two kinds of gratitude: the sudden kind we feel for what we take; the larger kind we feel for what we give."

Edwin Arlington Robinson

Genuinely Thank Someone

Challenge yourself today by genuinely thanking someone. Remember, to express a true and genuine "thank you", you have to:

- 1- Be specific. Give the details that lead you to say "thank you". Why? For what? What did it make you feel then? And what do you feel now?
- 2- Be sincere. If you don't mean it, don't say it.
- 3- Be crafty. Take a few more minutes to find a way to deliver your "thank you". A written note, a song, a short video. Everything but an email.

Today, I am grateful for

1. _____

2. _____

3. _____

Day 4 Of Gratitude Challenge



Key Takeaways

The gift of love must be unconditional, so it can be taken in and spark gratefulness.

You have the power now to change the world with kindness.

"When we give cheerfully and accept gratefully, everyone is blessed."

Maya Angelou

Do A Random Act Of Kindness (RAK)

Today, challenge yourself and do a Random Act of Kindness for someone.

If you don't have ideas, here are some:

- Give someone your favorite book,
- Give someone a hug,
- Treat someone to lunch,
- Smile to someone you don't know,
- Hold the door for someone,
- Bake cookies for your coworkers
- Babysit for free,
- Text someone "good morning",
- Compliment someone,
- Leave quarters at the laundromat,
- Call your grandparents,
- Donate blood

Today, I am grateful for

1. _____
2. _____
3. _____

Day 5 Of Gratitude Challenge



Key Takeaways

Gratitude is the parent of all virtues, including Joy, Love, and Kindness.

Foster your sense of gratitude as you look for it, take it in and give it back.

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."

Randy Pausch

Be The Change You Want To See

Nothing is too small when it comes to gratitude.

You have the power to change things now. You can start a movement (or join one). You can have an impact. You can touch others and make ripples all around you.

Use gratitude to unleash your power. Use gratitude as a social connector. Share this Gratitude Challenge with others, and trigger a wave of gratefulness.

Today, I am grateful for

1. _____
2. _____
3. _____

*" Gratitude helps you
grow and expand. "*

Eileen Caddy

