



#28 GRATITUDE EXERCISES

This exercise is to be shared with the people in your family. Have one of them sign at the bottom indicating they discussed gratitude with you. Medical science is discovering the importance of gratitude in physical and mental health as well as stress reduction and enhanced self-esteem. Enjoy this time together.

We all have many things for which we are grateful. Please read the list below and score each entry from one to five; one being "can take it or leave it" to 5 being "Couldn't live without it".

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|--|--|
| ☐ health | ☐ joy of helping others |
| ☐ friendship | ☐ living in Fremont |
| ☐ money | ☐ food |
| ☐ travel | ☐ politicians |
| ☐ school | ☐ clean water |
| ☐ medical care | ☐ support of family |
| ☐ love | ☐ religion |
| ☐ entertainment | ☐ my lifestyle |

Now please do the same for the following list. Note that items 3 and 6 are reverse-scored.

- ____ 1. I have so much in life to be thankful for.
- ____ 2. If I had to list everything that 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.*
- ____ 4. I am grateful to a wide variety of people.
- ____ 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.
- ____ 6. Long amounts of time can go by before I feel grateful to something or someone.*

Discuss some things you learned from the person (s) who signed below:

I discussed this exercise with (my relationship)_____ (e.g. Child, grandchild, etc)

Signature_____ Date_____

This exercise counts as volunteer work hours based upon the thought that went into it.