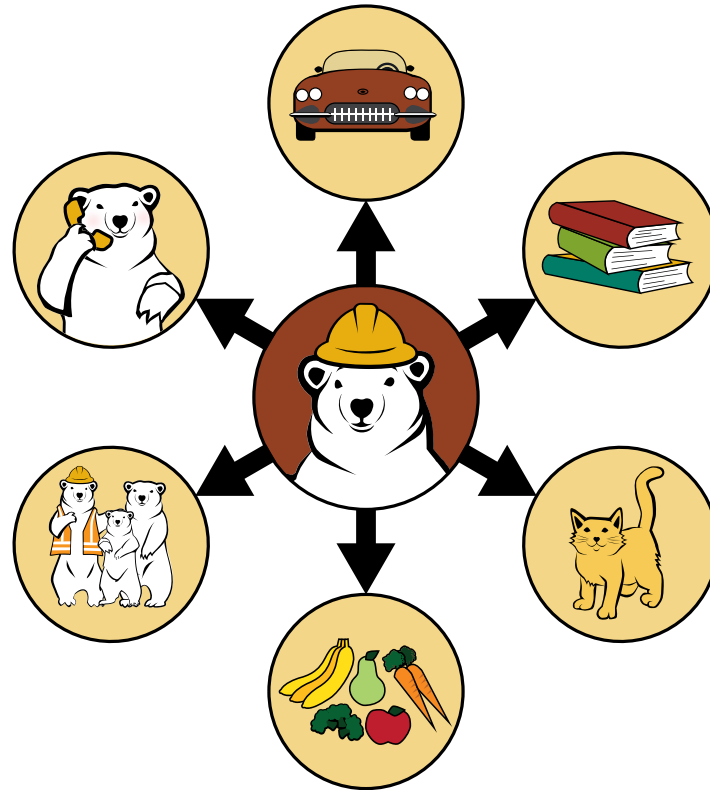




How Grateful Are You?



Take a moment to reflect on these questions – how often do you:

- Feel very thankful for your current level physical health, safety and well-being.
- Feel appreciation for what you have in this world.
- Reflect on the worst times in your life to help me realize how fortunate I am now.
- Remind yourself how fortunate you are to have the privileges and opportunities you have encountered in life.
- Take stock on how fortunate you are to have basic things in life like food, clothing, and shelter.

Adapted from: Adler, M. G., & Fagley, N. S. (2005). "Appreciation: Individual Differences in Finding Value and Meaning as a Unique Predictor of Subjective Well-Being."



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