

Thankfulness evaluation (True/False) (1 to 10)

1. When I wake in the morning, I am thankful for another day, and ready to face it. Rising out of bed is not a drudgery.
2. I thank The Almighty several times a day, even for the small things like a bath tub of hot water.
3. I could improve my thankfulness towards The Almighty and others.
4. I find that my daily circumstances largely influence my attitude of thankfulness.
5. I criticize and complain more than I am thankful.
6. I have a hard time looking outward and am introspective to a fault.
7. My thankfulness is easier at certain parts of the day.
8. I could improve with openly thanking and showing appreciation for my significant others.
9. My prayers are started with thankfulness and praise rather than requests.
10. I find that my lack of Thankfulness may affect my over-all mood and sense of well-being.
11. I find that when I am more Thankful and consistent in Gratitude moments, that I seem happier.
12. I am a role model for my children/grandchildren on how to be openly thankful.