



Gratitude Quiz:

1. Do you more often (A) remember God's blessings in your life or (B) forget them?
2. When things don't go your way, do you typically respond (A) in gratitude or (B) grumbling?
3. Would you say that you tell God thanks (A) daily or (B) less than daily?
4. Would you describe yourself as more often (A) content or (B) discontent?
5. Do you (A) often tell others reasons you're grateful or (B) rarely talk about why you're grateful?
6. When you see things others have that you don't, do you (A) rest in what God has given you, or (B) struggle with jealousy?
7. Do you (A) more often find things that are right and praiseworthy or (B) what's wrong and needs to be complained about?
8. If you were to list reasons for gratitude, would it be (A) a long list and easy to come up with things to give thanks for or (B) a short list and hard to think of many things?
9. Do you (A) have a way of intentionally recording reasons for gratitude or (B) do you not have a way to intentionally record reasons for gratitude?
10. Would those close to you—family/friends—(A) say that you're a grateful person or (B) a griping person?