

Grati-Fit™

What is your Gratitude Fitness Level?

The following questions are designed to help establish a current baseline of where you are in exercising Gratitude. There are no right or wrong, good or bad answers!

For the following questions, please rank each item on a scale of 0-5.

0 - Never 1- Rarely 2 - Sometimes 3 - Often 4 - Regularly 5 - Always

GRATI-FIT™ EXERCISE	Rating Scale						Page #’s
1. Do you have a morning Gratitude routine?	0	1	2	3	4	5	
2. Do you write down what you are grateful for first thing in the morning?	0	1	2	3	4	5	
3. Do you take a moment in the morning to plan you day by visualizing how you want it to unfold, seeing it as though it’s already happened, and saying “Thank you”?	0	1	2	3	4	5	
4. In day to day tasks like brushing your teeth or washing your face, do you feel grateful for having easy access to running water?	0	1	2	3	4	5	53
5. Do you notice things around you when you’re outside (beauty in nature, sounds of birds, colors of flowers, fresh air, clouds, or blue skies)?	0	1	2	3	4	5	32
6. Do you notice the people who pass you by when you’re intent on a task like exercising, shopping or running errands?	0	1	2	3	4	5	
7. Do you smile, wave or say hello to people you meet throughout the day?	0	1	2	3	4	5	50
8. When taking a shower or bath, do you feel Gratitude for the water’s perfect temperature or ample supply?	0	1	2	3	4	5	53
9. When choosing clothing for the day, are you grateful for all the clothes you have to choose from?	0	1	2	3	4	5	74
10. Do you take notice of and feel grateful for the taste of your coffee, tea, or drink?	0	1	2	3	4	5	
11. Do you take a moment to enjoy each bite of food, to notice the texture and taste, the work and the steps that it took for the food to reach you?	0	1	2	3	4	5	68
12. Do you feel grateful for the way you look and feel as you go out the door to exercise, work, volunteer, play, go to school, etc?	0	1	2	3	4	5	
13. Do you say nice things (give compliments) to yourself?	0	1	2	3	4	5	7
14. Do you notice the incredible ways your body works for you, and are you grateful for all of the actions it provides?	0	1	2	3	4	5	10
15. Do you practice true listening without giving advice - just letting the other person feel heard?	0	1	2	3	4	5	13

GRATI-FIT™ EXERCISE	Rating Scale						Page #’s
16. Do you write thank you notes to simply say how grateful you are for the person you're sending the thank you note to?	0	1	2	3	4	5	16
17. Do you ever change your routine by venturing out to discover a new place to exercise, meditate, practice yoga, etc?	0	1	2	3	4	5	19
18. Do you try out locally owned restaurants that you have never been to before?	0	1	2	3	4	5	41
19. If you’ve enjoyed a place you’ve been to eat, do you share your experience with your friends?	0	1	2	3	4	5	
20. Do you let the owners (or manager) of an establishment know how much you’ve enjoyed your experience?	0	1	2	3	4	5	
21. Have you ever made a Gratitude Jar?	0	1	2	3	4	5	44
22. Do you reach out to people you haven’t spoken to in a long time, just to call and tell them how grateful you are for them?	0	1	2	3	4	5	38
23. Do you show Gratitude for your mode of transportation? (Car, bike, legs, bus, Uber/Lift, wheelchair, walker, etc?)	0	1	2	3	4	5	47
24. Do you invite a friend(s) to join you for a meal (that you make or pay for) with the intention of focusing on them, just to tell them how grateful you are for them?	0	1	2	3	4	5	59
25. Do you put sticky notes around your home or office that say positive (encouraging) words and thoughts? (I feel good, You inspire me, You did it! Smile!)	0	1	2	3	4	5	71
26. Have you ever made a homemade gift for someone (wrote a poem or song, baked cookies, arranged flowers, created a short video)?	0	1	2	3	4	5	82
27. Are you of service to someone or some organization?	0	1	2	3	4	5	88
28. Do you write thank you notes to yourself?	0	1	2	3	4	5	91

WAY TO GO!!!

**ADD UP YOUR ANSWERS FOR YOUR TOTAL POINTS,
THEN SEE THE POINT SECTIONS.**

Grati-Fit™

Results: Find your Grati-Fit™ level in the following point sections.

110 - 140 PTS. Congratulations! You are Grateful and Exercising Gratitude. You will really enjoy The 28 Day Gratitude Workout book. Have you considered becoming a Group Facilitator?

70 - 110 PTS. Well done! You are Exercising Gratitude in your life. The 28 Day Gratitude Workout book will give you even more ways to experience and Exercise Gratitude.

40 - 70 PTS. Kudos to the questions you scored higher on and how exciting to be able to focus on questions you might not have scored as highly on! The 28 Day Gratitude Workout book will help you, giving you ideas and encouragement to explore Exercising Gratitude.

0 - 40 PTS. The 28 Day Gratitude Workout book will be perfect for you to help strengthen your Gratitude Muscle. Take one question at a time to explore how to shift into ways that will help you to answer each question with a higher number.

To improve your Total Points (and Gratitude in your life), we suggest you go back through the questions in which you scored a 3 or less. One at a time, add exercises to enhance those questions, with a goal of increasing to a 4 or 5 per question. You will find Page #'s listed in the far right column. These page numbers correspond to the pages in **The 28 Day Gratitude Workout** book which will help guide you in that particular Grati-Fit™ exercise.

You can do it! All that it takes is to practice one Grati-Fit™ exercise a day!