



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?	1	2	3	4	5	
2. Do you write down what you are grateful for first thing in the morning?	1	2	3	4	5	
3. Do you take a moment in the morning to plan your day by visualizing how you want it to unfold, seeing it as though it's already happened, and saying "Thank you"?	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?	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)?	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?	1	2	3	4	5	
7. Do you smile, wave or say hello to people you meet throughout the day?	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?	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?	1	2	3	4	5	74
10. Do you take notice of and feel grateful for the taste of your coffee, tea, or drink?	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?	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?	1	2	3	4	5	
13. Do you say nice things (give compliments) to yourself?	1	2	3	4	5	7

GRATI-FIT™ EXERCISE	Rating Scale					Page #s
14. Do you notice the incredible ways your body works for you, and are you grateful for all of the actions it provides?	1	2	3	4	5	10
15. Do you practice true listening without giving advice - just letting the other person feel heard?	1	2	3	4	5	13
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?	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?	1	2	3	4	5	19
18. Do you try out locally owned restaurants that you have never been to before?	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?	1	2	3	4	5	
20. Do you let the owners (or manager) of an establishment know how much you've enjoyed your experience?	1	2	3	4	5	
21. Have you ever made a Gratitude Jar?	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?	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?)	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?	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!)	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)?	1	2	3	4	5	82
27. Are you of service to someone or some organization?	1	2	3	4	5	88
28. Do you write thank you notes to yourself?	1	2	3	4	5	91

WAY TO GO!!!

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



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!