

Gratitude Quiz

HOW THANKFUL ARE YOU?

ANSWER EACH QUESTION BY CIRCLING THE ANSWER THAT BEST REPRESENTS YOU. THE ANSWER KEY IS ON THE FOLLOWING PAGE

- 1.** When a person does something nice or generous for you, how do you respond?
- a. I give a quick, obligatory "thanks." I've even been known to forget to respond at all!
 - b. I let them know how meaningful their kindness is to me and tell them how it has helped me out.
 - c. I love to write a Thank You card or give a gift in return.
 - d. I say "Thank You" sincerely, but I'm sometimes embarrassed to do more.

- 2.** How often do you reflect on kindness or help provided to you in the past?
- a. I often remind friends and family about good things they've done for me and tell them it is still important to me.
 - b. I rarely, if ever, think about how I've been helped out in the past by anyone.
 - c. I sometimes privately think about how much help I've received.
 - d. I regularly think about how others have helped me and occasionally speak about their work in my life.

- 3.** When you tell someone about your life story, how big of a factor is help and guidance from other people in the narrative?
- a. My story is as much about the people who have guided me as it is about myself.
 - b. I can identify a few key people who made a difference in my life.
 - c. I include the help of others in my story if it explains my own personal choices and progress.
 - d. My story is mostly about how I've managed to make it entirely on my own.

- 4.** When you pray, what do you talk to God about?
- a. I tend to pray the same exact prayer over and over.
 - b. I usually only pray when I'm desperate or upset over a situation.
 - c. I both praise God for what he's doing and bring my concerns before Him.
 - d. Sometimes I pray just to thank God for what he's done. Other times, I pray because I am turning to God in need.

- 5.** During your day how often do you reflect on how much you have and how thankful you are?
- a. Occasionally (1-3 times a day)
 - b. It never really occurs to me unless prompted.
 - c. Frequently throughout the day.
 - d. During prayer time.

- 6.** Imagine being at a restaurant and having an excellent experience with your server. What do you do when considering their tip?
- a. I thank them for doing a good job, but still give them a standard tip.
 - b. I only give minimal tips, if any, regardless of the service quality.
 - c. I leave a generous tip and tell them what a great job they did.
 - d. I might add a little bit more to their tip.

- 7.** How often do you find yourself daydreaming about future success or the things you wish you had?
- a. I'm obsessed with how to get to the next level or my next big purchase.
 - b. I tend to think about my own advancement a few times a day.
 - c. I usually just focus on the present and don't worry much about what's next.
 - d. Some days I'm really focused on the future and what I want, but on others, it doesn't cross my mind.

- 8.** When you tell others about how you overcame a major struggle (loss of a loved one, illness, career/financial struggle), which of the following do you focus on?
- a. I describe my determination to make it through the struggle.
 - b. I depict myself as someone depending on friends, family, and others for help.
 - c. I focus on how God alone led me through the circumstances.
 - d. I talk about everyone who supported me, including God, friends, family, and strangers.

- 9.** Imagine receiving a public award or recognition. What about it makes you excited or happy?
- a. Finally getting the attention you deserve.
 - b. Recognizing the love and care of the people behind the award.
 - c. A boost of confidence in your abilities.
 - d. Seeing the pay off of all of your hard work with others.

- 10.** Take thirty seconds, starting now, and name and count as many things that you're thankful for as you can. How many did you come up with?

See answer key #10 for points

ANSWER KEY

ADD UP YOUR SCORE

1. **a.** 1, **b.** 3, **c.** 3, **d.** 2

2. **a.** 3, **b.** 1, **c.** 2, **d.** 2

3. **a.** 3, **b.** 2, **c.** 2, **d.** 1

4. **a.** 1, **b.** 1, **c.** 3, **d.** 2

5. **a.** 2, **b.** 1, **c.** 3, **d.** 2

6. **a.** 2, **b.** 1, **c.** 3, **d.** 2

7. **a.** 1, **b.** 2, **c.** 3, **d.** 2

8. **a.** 1, **b.** 2, **c.** 2, **d.** 3

9. **a.** 1, **b.** 3, **c.** 1, **d.** 2

10.

a. less than 3: 1 point

b. Between 3 and 6: 2 points

c. Between 6 and 9: 3 points

d. Over 10: 3 points

TOTAL SCORE

WHAT DOES YOUR SCORE MEAN?

25-30 - You're a very grateful person

No matter the circumstances, you can find something to be thankful for! You have a keen awareness of the people who support you and God's gifts in your life.

Prayer Point - How can your gift of gratitude be a blessing to others?

15-24 - You're a thankful person in the right situation

When things are going well, you are filled with gratitude for what you have. However, when times get tough, you often struggle to be thankful

Prayer Point - Ask God to help you give thanks even in less than perfect circumstances.

14 or under - You often struggle with gratitude

You tend to focus on the things you don't have. You tend to want what others have, and wonder why you don't have more.

Prayer Point - Ask God for help finding contentment and to gently guide you toward thankfulness.

WANT TO WORK ON BEING MORE THANKFUL?

We have more free resources to help you grow in thanks.

30 Days of Thanks Challenge

<https://spirituallyhungry.com/30-days-thanks-challenge/>

The Gratitude Journal

<https://spirituallyhungry.com/gratitude-journal/>

THINKING ABOUT GRATITUDE

Gratitude means much more than simply having good manners and recognizing those who help you.

True thankfulness stems from first recognizing all that God has done in your life, and in turn living as a person without limitations on your self-perception as a person deeply loved by God.

When we focus on God as our provider, protector, and sustainer, then all the different facets of gratitude - from finding contentment in our place in life to humbly accepting the love and help of others - fall into place.

True gratitude begins by seeing what Jesus is doing in our life.