

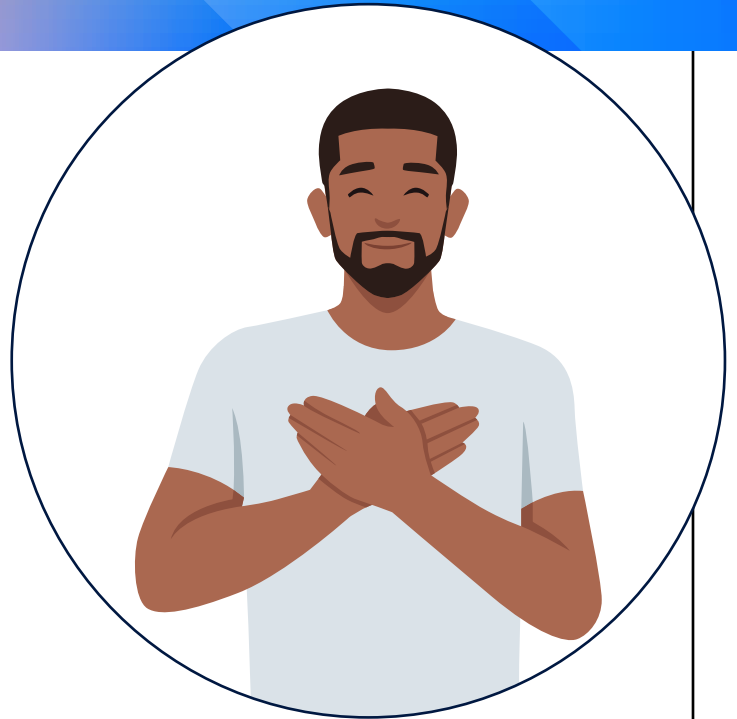
Gratitude

Part 2 of 3

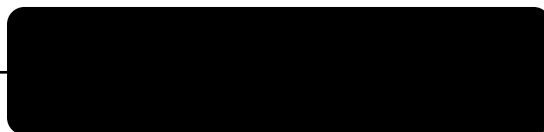
How Grateful Are You?

Take a moment to reflect on these questions—*how often do you:*

- 1 Feel very thankful for your current level physical health, safety and well-being.
- 1 Feel appreciation for what you have in this world.
- 1 Reflect on the worst times in your life to help me realize how fortunate I am now.
- 1 Remind yourself how fortunate you are to have the privileges and opportunities you have encountered in life.
- 1 Take stock on how fortunate you are to have basic things in life like food, clothing and shelter.



***Adapted from: Adler MG, Fagley NS. (2005)
"Appreciation: Individual Differences in
Finding Value and Meaning as a Unique
Predictor of Subjective Well-Being."**



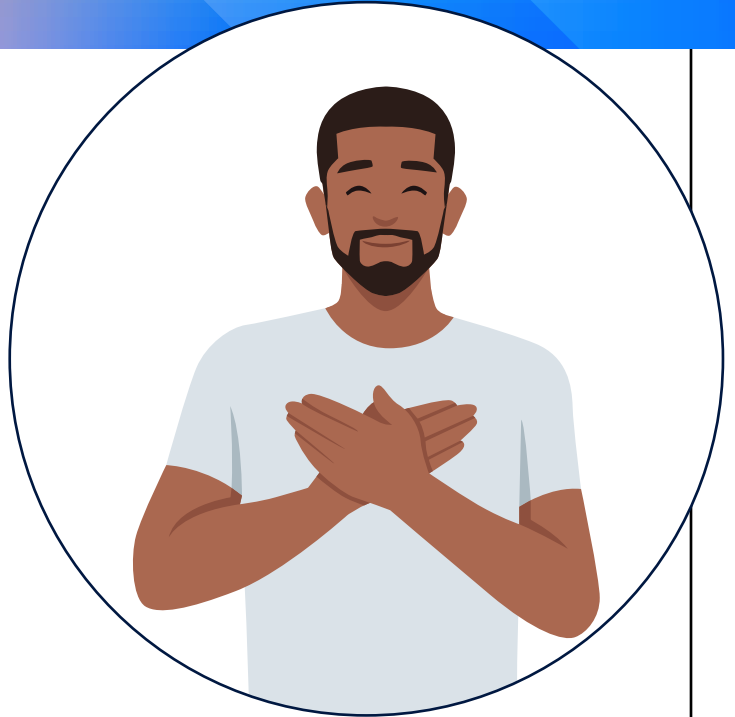
Gratitude

Part 2 of 3

¿Qué Tan Agradecido Estás?

Tómate un momento para reflexionar sobre estas preguntas—¿con qué frecuencia:

- ❗ Te sientes muy agradecido por tu nivel actual de salud física, seguridad y bienestar?
- ❗ ¿Sientes aprecio por lo que tienes en este mundo?
- ❗ ¿Reflexionas sobre los peores momentos de tu vida para darte cuenta de lo afortunado que eres ahora?
- ❗ ¿Recuerdas lo afortunado que eres por tener los privilegios y las oportunidades que has encontrado en la vida?
- ❗ ¿Piensas en lo afortunado que eres por tener cosas básicas en la vida como comida, ropa y vivienda?



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