

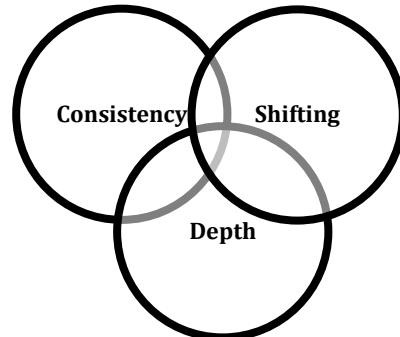
Build Your Gratitude Baseline: A Simple Self-Check

Gratitude may be invisible, yet it can be measured. Use this worksheet to create your personal baseline.

How to Use the Scale

- 1 = Almost never / very little
- 3–4 = Sometimes / occasionally
- 5 = About half the time / moderate
- 7–8 = Often / strong practice
- 10 = Always / fully present in gratitude

Circle or write the number that best reflects you today.



Consistency – Sustaining Gratitude

What percentage of your average day are you grateful?

10 = approaching everything with gratitude—even the difficult, frustrating, or mundane.

[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

Notes:

Depth – Feeling Gratitude Fully

How deeply do you feel gratitude?

10 = full-body, heart-and-soul gratitude—the kind that lights up every cell in your body.

[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

Notes:

Shifting – Returning to Gratitude

How quickly do you return to gratitude after stress or difficulty?

10 = able to shift almost instantly, even while still in discomfort.

[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

Notes:

Tailoring Your Measurement: One Size Doesn't Fit All

Optional: Add one or two personal measures that matter most to you (e.g., environment, community, behaviors). Keep them consistent each time you reassess.

Notes:

YOUR BASELINE: Total the Numbers, this is your baseline Today

Baseline = Consistency + Depth + Shift + Personal

Strengthening Your Gratitude Baseline: Grow Over Time

Gratitude strengthens over time with consistent practice. Use this worksheet to track your growth over time.

Step 1: Rate Yourself

- Create a baseline number; you can use our worksheet or create your own

Step 2: Reflect

- Which of your scores is the strongest?
- Which is the lowest?
- What patterns do you notice?
- Notice and reflect on possible false high scores

Baselines are only useful if they accurately reflect reality and measure what is truly important.

If a score feels “too easy,” ask yourself:

- Am I skipping over difficult emotions?
- Am I truly feeling gratitude, or just performing it?
- Is this authentic, or could it be toxic positivity?

Step 3: Choose a Practice

- See suggestions in Chapter 20 -Kitchen Sink - More Challenges and Solutions
- Create a gratitude plan or insert the new practices into an already existing gratitude plan

Notes:

Step 4: Track Progress

Revisit this worksheet regularly to track your progress and growth, at least yearly, recommended monthly.

Baseline Attribute	Date Today	Date	Date	Date	Date	Date
Consistency	8					
Depth	8					
Shifting	5					
BASELINE	21					

Step 5: Celebrate

Celebration is an often-overlooked step. Yet it is crucial to help motivate and continue strengthening.

This is how I will celebrate: