

# UNHINDERED ASSESSMENT

## GRATITUDE & GENEROSITY

On a scale of 1-5 (1=very much) how would you rate the following...

1. I am typically optimistic.      **1 2 3 4 5**

2. I catch myself worrying often.      **1 2 3 4 5**

3. I am very good at expressing thanks and gratitude.      **1 2 3 4 5**

4. I tend to be a generous giver and tipper.      **1 2 3 4 5**

5. I am concerned about money often.      **1 2 3 4 5**

6. I prefer to expect less and be surprised rather than get my hopes up.      **1 2 3 4 5**

Do you volunteer regularly?       I Do |  I Don't

Do you feel the need to get credit or recognition when helping, giving, or volunteering?

I Do |  I Don't

Do you feel that people you have helped "owe" you something in return?       I Do |  I Don't

Do you keep track?       I Do |  I Don't

What percentage of income do you donate/give to church and charities? \_\_\_\_\_

Do you tend to hold people's faults against them or remember their mistakes?       I Do |  I Don't

Do you tend to fixate on your own faults and mistakes?       I Do |  I Don't