The Gratitude Solution

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Your Personalized Assessment

1.On a scale of 1-10 (1 is low, 10 is high) how much do you currently experience gratitude in your daily life? \_\_\_\_\_

What are 3 brief examples where you are infusing gratitude throughout your day?

1.

2.

3.

2. In each of the core areas of life below, please rate your current ***happiness and fulfillment*** on a scale of 1-10.

**Purpose & Spirituality:** Happiness & Fulfillment Rating \_\_\_\_\_

**Prosperity & Finances:** Happiness & Fulfillment Rating \_\_\_\_\_

**Self-love:** Happiness & Fulfillment Rating \_\_\_\_\_

**Health & Well-being:** Happiness & Fulfillment Rating \_\_\_\_\_

**Surroundings:** Happiness & Fulfillment Rating \_\_\_\_\_

**Work, Business or Profession:** Happiness & Fulfillment Rating \_\_\_\_\_

**Relationships:** Happiness & Fulfillment Rating \_\_\_\_\_

3. Using this same scale of 1-10, rate your current state of gratitude in each of these areas. (Remember, gratitude = love = joy = appreciation) How much or how little are you infusing these emotions into these areas of life?

**Purpose & Spirituality:** Current Gratitude Rating \_\_\_\_\_

**Prosperity & Finances:** Current Gratitude Rating \_\_\_\_\_

**Self-love:** Current Gratitude Rating \_\_\_\_\_

**Health & Well-being:** Current Gratitude Rating \_\_\_\_\_

**Surroundings:** Current Gratitude Rating \_\_\_\_\_

**Work, Business or Profession:** Current Gratitude Rating \_\_\_\_\_

**Relationships:** Current Gratitude Rating \_\_\_\_\_

4. Match up your numbers:

*example: Purpose & Spirituality: Happiness Rating was 4 Gratitude Rating was 3*

**Purpose & Spirituality:** Happiness Rating was \_\_\_\_ Gratitude Rating was \_\_\_\_

**Prosperity & Finances:** Happiness Rating was \_\_\_\_ Gratitude Rating was \_\_\_\_

**Self-love:** Happiness Rating was \_\_\_\_ Gratitude Rating was \_\_\_\_\_

**Health & Well-being:** Happiness Rating was \_\_\_\_ Gratitude Rating was \_\_\_\_

**Surroundings:** Happiness Rating was \_\_\_\_ Gratitude Rating was \_\_\_\_

**Work, Business or Profession:** Happiness Rating was \_\_\_\_ Gratitude Rating was \_\_\_\_

**Relationships:** Happiness Rating was \_\_\_\_ Gratitude Rating was \_\_\_\_

5. Go back to #4 and circle or highlight the areas where there the greatest amount of thriving, happiness, fulfillment, love.

6. Where is the area(s) of greatest need?

Your Gratitude Solution statement:

I can see clearly that the areas of my life where I am thriving the most are:

It will be very easy to start my gratitude practice there. I can easily be grateful for what is already going well in my life. I will also look with new eyes at small and large events in my life to be grateful for. People, circumstances, things and events are all imbued with an inherent good. I will begin to see more good. I will draw on this new awareness as I go through the lessons, and my feelings of love, appreciation and gratitude will grow.

I can also see clearly that the areas of my life where there is the most need for change are:

I will utilize this course to gain new perspective in these areas. I will tease out the things to be grateful for, even in difficult circumstances. I will cultivate a habit and a mindset of gratitude. These areas of my life will begin to flourish. I can feel confident and successful early on, and I can build on this with each new lesson. I am so excited for this change. Moving forward in love is the momentum I need to be happier and more fulfilled.

Signed:

Dated:

Back to Module 1, next lesson

Notes or Insights