

GRATITUDE QUIZ

The short quiz below might help you test where you land on a spectrum from grateful to grumbling. As honest as you can be, circle either **(A)** or **(B)** for each question.

1. Do you more often...
(A) remember God's blessings in your life
(B) forget them
2. When things don't go your way, do you typically respond...
(A) in gratitude
(B) by grumbling
3. Do you see thanksgiving as...
(A) an essential spiritual rhythm for Christians
(B) something that's great to do when you remember it but unnecessary
4. Would you say you tell God thanks...
(A) daily
(B) less than daily
5. Is thanksgiving...
(A) a significant part of your prayer life
(B) a small part of it
6. Would you describe yourself as more often...
(A) content
(B) discontent
7. As you go throughout your day, do you usually...
(A) have eyes open to reasons for giving thanks around you
(B) not see many things to give thanks for
8. Do you tend to rehearse...
(A) God's generosity and goodness
(B) what seems unfair
9. Do you...
(A) often tell others reasons you're grateful
(B) rarely talk about why you're grateful
10. When you see things others have that you don't, do you...
(A) rest in what God has given you
(B) struggle with jealousy
11. If you were to list reasons for gratitude, would it be...
(A) a long list and easy to come up with things to give thanks for
(B) a short list and hard to think of many things
12. Is practicing thanksgiving...
(A) a regular part of your life
(B) an irregular part of your life
13. Do you...
(A) have a place or way of intentionally recording reasons for gratitude
(B) not have a place or way to intentionally record reasons for gratitude
14. When circumstances are difficult, do you...
(A) still find things to be thankful for
(B) stop giving thanks altogether
15. When you think about thanksgiving, do you...
(A) tell God thanks
(B) feel grateful but not actually tell God thanks

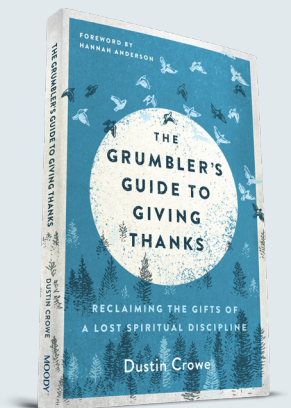
SCORING

Now tally up how many times you circled **(A)**. The goal isn't to condemn you but to reveal how prone you are to thanksgiving, knowing all of us have room to grow.

If you circled **(A)** SEVEN OR FEWER TIMES, then grumbling likely feels more natural than gratitude for you. If that's you, don't be discouraged. This book provides practical help to begin taking small steps away from grumbling and toward giving thanks.

If you circled **(A)** MORE THAN SEVEN BUT LESS THAN FIFTEEN TIMES, then you likely practice giving thanks with some regularity, but you know your heart often strays toward ingratitude or grumbling. This book can help you grow further and deeper in gratitude.

If you circled **(A)** FIFTEEN TIMES, then you're either an expert who has mastered gratitude or you lack self-awareness. You might still want to read this book, if only "for a friend."



GRATITUDE QUIZ EXCERPTED FROM
THE GRUMBLER'S GUIDE TO GIVING THANKS.
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