

# BUILDING A GRATITUDE PRACTICE

*Strengthen Emotional Wellness Through Daily Appreciation*

	YES	NO
1 Do you take time each day to reflect on something you're grateful for?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you created a habit of writing in a gratitude journal or list?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you express appreciation regularly to people who impact your life?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you learned to notice small, everyday blessings and moments of beauty?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you intentionally shift your focus from what's lacking to what's present?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you used gratitude to reframe challenging experiences or emotions?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you incorporate gratitude into your morning or evening routine?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you discussed or shared what you're grateful for with loved ones?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you reflect on how past struggles have shaped your growth or perspective?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you committed to building gratitude as a lifelong mindset, not just a temporary habit?	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

## What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Living With Deep Appreciation And Intention: Your gratitude practice is enriching your life and relationships, fostering a mindset of peace, joy, and fulfillment.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You're cultivating awareness and appreciation, and with more consistency, your gratitude practice will continue to grow stronger.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Without intentional gratitude, negativity may take root—now is the time to focus on what's going well and build a mindset of abundance.