

Do You Open the Door to Gratitude?

“The doors of His generosity are wide, wide open to us; but we must be attentive, alert and mindful . . .” —Abdu’l-Bahá

When we face challenges, it’s easy to focus on what’s going wrong. For example, when you’re sick, you may miss seeing friends and family in person, playing on a sports team, or going to school. With the door shut on your usual fun activities, finding things to be grateful for can be hard. But it’s a powerful way to stay positive.

Gratitude is more than saying thanks for a gift. It’s appreciation for *all* of the good that comes our way.

Isolation can be tough, and we might feel lonely or upset. By focusing on thankfulness, we can enjoy family time, the technology that helps us connect online, healthy home cooking, and the chance to create art.

Being grateful can help us feel better and grow closer to friends and family in spirit. Even when the doors of our homes are closed to visitors, the doors of God’s generosity are always open.

Do you focus on the blessings in your life? Circle your answers, then add up your points.



1. As I go through my day, I notice and think about the good things in my life.

Often = 3 • Sometimes = 2 • Rarely = 1

2. I show appreciation for my family by helping with tasks around the house.

Often = 3 • Sometimes = 2 • Rarely = 1

3. I remember that I’m lucky to get an education, so I try hard at schoolwork and treat teachers with respect.

Often = 3 • Sometimes = 2 • Rarely = 1

4. I keep a list of people and things that help me feel grateful and happy.

Often = 3 • Sometimes = 2 • Rarely = 1

5. I show my gratitude by sharing things I like with others.

Often = 3 • Sometimes = 2 • Rarely = 1

6. When life is challenging, I focus on things I can do to solve problems and stay positive.

Often = 3 • Sometimes = 2 • Rarely = 1

7. I feel grateful when I have good food to eat or clean water to drink.

Often = 3 • Sometimes = 2 • Rarely = 1

8. When someone gives me a gift or does something kind, I thank them sincerely.

Often = 3 • Sometimes = 2 • Rarely = 1

9. I look for ways to be kind and helpful to family, friends, and my community.

Often = 3 • Sometimes = 2 • Rarely = 1

10. I say prayers to thank God for my life and all that I have.

Often = 3 • Sometimes = 2 • Rarely = 1

11. I’m thankful for my body, so I take care of it by finding fun ways to be active.

Often = 3 • Sometimes = 2 • Rarely = 1

12. I show my gratitude for Earth by learning about nature, caring for wildlife, recycling, and avoiding waste.

Often = 3 • Sometimes = 2 • Rarely = 1



MY SCORE

36-28 POINTS You look for the positive and open the door to blessings in your life. Keep up the great work!

27-20 POINTS You work on being open to gratefulness. Choose something new from the quiz to practice.

19-12 POINTS You can open the door to thankfulness even wider. Choose a few ideas from the quiz to try.