

# Your Gratitude Score™: \_\_\_\_

Write down your Gratitude Results™ to save for future reference.

## GRATITUDE RESULTS™

Your score is a snapshot of how gratitude currently shows up in your everyday life. Find your score range below to learn more about your results and identify one simple way you may want to strengthen your gratitude practice over the next 30 days.

### 30–36 | THRIVING

You have a strong foundation for noticing and appreciating what matters in everyday life.

Your answers suggest that gratitude is already a meaningful part of how you experience your days. You may regularly notice positive moments, appreciate the people around you, express thanks, and recognize value even within ordinary routines.

**Try This:** Choose one area to explore this month. Express appreciation more often, create a daily gratitude pause, write down something you appreciated, or slow down long enough to notice an ordinary moment you might otherwise miss.

### 23–29 | BUILDING STRONG HABITS

You're noticing many things worth appreciating—and you have opportunities to build on that awareness.

Your answers suggest that gratitude is already present in your life, even if it is not always intentional or consistent.

**Try This:** Choose one gratitude habit to practice more consistently. Name three things you appreciated, thank someone intentionally, or attach a gratitude pause to your morning coffee, evening walk, or bedtime routine.

### 15–22 | GROWING YOUR HABITS

You have a foundation to build on—and opportunities to bring more gratitude into everyday life.

Gratitude does not require constant positivity or ignoring difficult experiences.

**Try This:** Ask yourself once each day: “What did I appreciate today?” It might be a person, conversation, meal, time outside, quiet moment, or something that made you smile.

### 0–14 | A GREAT PLACE TO START

Your score is a starting point—not a judgment.

Gratitude may not currently be something you pause to notice very often. It is not about pretending everything is good. It is about making room to notice something meaningful alongside everything else.

**Try This:** Once each day, pause for a few seconds and identify one thing you appreciated. One grateful moment is enough.

## TAKE IT AGAIN IN 30 DAYS

Gratitude often grows through awareness and repetition. Come back in 30 days, take the [DHmeds Gratitude Assessment™](#) again, and compare your new Gratitude Score™ with the score you received today.

You may be surprised by how much more you begin to notice.

## KEEP EXPLORING

Visit the DHmeds [MIND Learning Center™](#) for Gratitude resources, assessments, Featured Articles™, Dr. Hirsch Explains™, Healthy Aging Hacks™, FAQs, infographics, weekly recaps, Dr. Brett's Corner™, and more.

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