GRATITUDE INVENTORY

I listed people, institutions principles, and situations for which I am grateful. I am grateful for :	I asked myself why I am grateful? The cause:	In most cases it was found that the following was positively affected. Affects my:								Putting out of my mind what others did, I resolutely looked for how I
		S E E S L T F E E M	P O C K E	S E C U R I T Y	A M B I	P R I D E	E R S	A T I O	S R E E X L A T I O N S	ball rolling? Did I remember to do it anonymously & not take credit for it? Could I have done it any better? Where did my unselfishness, honesty, thinking of others, loving-kindness, faith, forgiveness and consideration contribute to this?