

Name _____

The Magic of Gratitude: Counting the Benefits

Multiple Choice Questions

1. What is gratitude primarily about?
 - a) Complaining about life's challenges
 - b) Focusing on what you have and appreciating it
 - c) Ignoring the good things in life
 - d) Being envious of others

2. What is one benefit of gratitude mentioned in the passage?
 - a) Increased stress and anxiety
 - b) Enhanced relationships and trust
 - c) Lower life satisfaction
 - d) Weakened physical health

3. How does gratitude help build resilience?
 - a) By avoiding challenges and difficulties
 - b) By finding silver linings and learning from difficult experiences
 - c) By complaining about hardships
 - d) By ignoring adversity

4. What is a practical way to practice gratitude mentioned in the passage?
 - a) Complain about your problems to others
 - b) Avoid expressing thanks to others
 - c) Keep a gratitude journal and write down things you're thankful for
 - d) Focus on negative thoughts and feelings

5. What does gratitude foster in individuals?
 - a) Selfishness and negativity
 - b) Generosity and kindness
 - c) Resentment and jealousy
 - d) Isolation and loneliness

