

Name _____

The Power of Gratitude: Why We Should Be Thankful

Multiple Choice Questions

1. What is one benefit of practicing gratitude, according to the persuasive piece?

- a) Increased anxiety
- b) Improved mental well-being
- c) Weaker relationships
- d) Decreased generosity

2. How does gratitude affect our resilience during tough times?

- a) It makes us give up easily.
- b) It leads to more challenges.
- c) It provides motivation to overcome obstacles.
- d) It creates feelings of depression.

3. What impact does gratitude have on relationships?

- a) It weakens connections with others.
- b) It fosters deeper connections and mutual trust.
- c) It makes us more selfish.
- d) It leads to isolation.

4. Why is being grateful for what we have important in appreciating life's joys?

- a) It encourages us to focus on what's missing.
- b) It shifts our focus from what's missing to what's already present.
- c) It makes us unhappy.
- d) It creates dissatisfaction.

5. How can gratitude lead to a more positive outlook on life?

- a) By increasing anxiety levels
- b) By reducing feelings of depression
- c) By fostering selfishness
- d) By weakening relationships

