 Achieving a goal or a result, a sense of progress	 The meaning and sense of coherence I find in my life
 My memories, my journey	 The opportunities open to me, the goals that motivate me
 The autonomy and control I have over certain things	 The sense of alignment I feel with my values
 A quality I have (re)discovered in myself	 A skill or talent I have developed or identified
 Knowledge I have acquired or put to use	 Something I have learned, a realization I have had

 A change or transformation I have experienced or noticed	 A sense of self-confidence I have experienced
 Being alive	 The food I have eaten
 The sleep and rest I have enjoyed	 My health, a recovery, a treatment I have benefited from
 The strength or energy I have felt	 The beauty, flexibility or sensitivity I have recognized in myself
 The weather, the temperature, the season	 The place where I live, the landscapes around me

Light, air, water	Green spaces, plants
An animal	The comfort, peace and quiet I can find
My family, my partner, my child(ren)	A friend
A professional	A neighbor, an acquaintance
A colleague, a classmate	A stranger

 The support, help or information I have received or given	 Acts of kindness and goodwill I have received or offered
 The listening, dialogue and sense of belonging I have found	 The intimacy and laughter I have shared
 The loyalty, patience and forgiveness I have experienced or offered	 The generosity and sharing I have benefited from or extended to others
 My home, my neighborhood	 My place of study or work
 The infrastructure and transportation available to me	 The financial resources I have at my disposal

The everyday objects and technology that are useful to me	A good deal I got
My living conditions, my country	The safety and security I enjoy
The access I have to institutional and administrative support	The access I have to justice, education and healthcare
The freedom I enjoy	The free time I have at my disposal
A moment of beauty, wonder or love that I experienced	A moment of playfulness, fun or pride that I experienced

⊕ A moment of adventure, novelty or unexpected discovery that I experienced	⊕ A moment of challenge, pushing my limits or being in a state of flow
⊕ A moment of peace, serenity or relief that I experienced	⊕ Everyday pleasures or a special event that I savored
⊖ A moment of frustration or annoyance, an obstacle I encountered	⊖ A loss, a separation or pain I experienced
⊖ A moment of threat, danger or stress that I faced	⊖ Criticism, difficult feedback or a moment of self-doubt that I experienced
⊖ A mistake, a failure or a feeling of shame that I experienced	⊖ The hardships I have overcome in the past

NOT AT ALL	A LITTLE
COMPLETELY	Instructions 1) Sort the cards according to whether they represent something you are grateful for today (not at all, a little, completely). 2) Identify your top 5 things you are grateful for today.
Interpretation Motivation Skills Biology Nature Material Social Quality of Bond Socio-Cultural Positive Experiences Negative Experiences	Sources of Gratitude – Cards (© S. Rochat & K. Oliveira, 2026) Based on M. E. Ford's (1992) efficient functioning model and the themes of gratitude found by A. Gosh and A. Deb (2017).