

**How much of the following do you have within you?
Choose a number between 0 and 10.**

Hope

0 1 2 3 4 5 6 7 8 9 10

None

The most possible

Spirituality (religiousness, faith, purpose)

0 1 2 3 4 5 6 7 8 9 10

None

The most possible

Gratitude

0 1 2 3 4 5 6 7 8 9 10

None

The most possible

Appreciation of beauty and excellence (awe, wonder, elevation)

0 1 2 3 4 5 6 7 8 9 10

None

The most possible

Humour

0 1 2 3 4 5 6 7 8 9 10

None

The most possible