The Gratitude Adjective Checklist (GAC)

The GAC is a three-item measure comprised of the sum of affect adjectives: grateful, thankful, and appreciative. It can be framed over short or longer time, by varying the time specified in the instructions, e.g. right now, think about “yesterday”, or think about “the past few weeks.”


Instructions: Think about how you [felt yesterday/have felt during the past few weeks]. Using a scale from 1 (not at all), 2 (a little), 3 (moderately), 4 (quite a bit), to 5 (extremely), please choose a number to indicate your level of feeling the following:

____ 1. Grateful
____ 2. Thankful
____ 3. Appreciative

Scoring: Sum responses to the 3 items.