Gratitude Inventory

1. Reflect on your current situation.
2. Circle each you can answer "yes" to.
3. Share and discuss with friends and family.
4. Do one thing to help someone else.

HEALTH

- Feeling great
- Getting enough sleep
- Able to tend to mental health
- Local hospital has beds and supplies
- No contact with infected person
- Able to see a doctor

SUPPLIES

- Food
- Healthy food
- Toilet paper & soap
- Basic PPE
- Internet
- Personal technology

SUPPORT

- Trusted partner
- Family to rely on
- Friend community
- Access to emotional support
- Pet to cuddle with
- Understanding colleagues

FINANCIAL

- Employed
- Savings over $1,000
- Health insurance
- Can donate
- Able to pay rent or mortgage
- Qualify for stimulus

RISK

- Less than 65 years old
- No underlying health issues
- Have a personal vehicle
- Not isolated
- Don't work in health care or grocery store
- Able to stay / work at home

PRIVILEGE

- Free time to bake, learn or create
- Attended a virtual happy hour
- Had groceries or supplies delivered
- Not concerned about wearing a mask in public
- Ability to practice physical distancing
- Asked for Netflix recommendations

LIVING SITUATION

- Have a home
- Have outdoor space
- Safe, walkable neighborhood
- Have a safe home environment
- Live with others
- Don't have to run a daycare or home school

REMINDERS FOR HUMANITY
from your friends at Bulldog Drummond