~ Gratitude Jar ~

Making a gratitude jar can be fun, creative and inspiring for you. Pausing, thinking and writing a statement about what you are appreciative of or grateful for has many benefits to your feelings, outlook, and emotional well-being.

What You Need

Use a favorite glass jar, container or even a colorful bowl or box.
Cut small pieces of paper to record your gratitude statements on.
Decorate your container with ribbon, yarn, or tissue paper.

Make a Daily Ritual

It’s simple to do.
Take a note card, your favorite marker or pencil and write a statement beginning with....
In this moment, I am grateful for....
Today, I appreciate....

Did you know?

“Gratitude...can be an incredibly powerful and invigorating experience. There is growing evidence that being grateful may not only bring good feelings. It could lead to better health.” says researcher Jeff Huffman

https://greatergood.berkeley.edu/article/item/is_gratitude_good_for_your_health

Gratitude Changes Everything
Claiming Thankfulness

Share Your Gratitude Daily for Yourself & with Others
Continue to try this even when you might be struggling.
There are benefits to your well-being.

- **Noticed Beauty**
  I took the time to open my eyes to seeing something amazing today.

- **Good Nights Sleep**
  I am grateful for a restful sleep or a good afternoon nap.

- **Tried a New Self-Care Activity**
  I am thankful that I took the time to take deeper breaths inhaling and exhaling to reset my sense of calm.

- **Was a Positive Example to My Kids**
  I set my intention to be kinder and more present noticing my kids doing good. Then I told them about it.

- **Spent Time Out**
  I walked outside my door or opened my window to take in the fresh air and enjoyed seeing the sun shine today.

- **Small Gesture**
  I noticed someone gave me a kindness through their action or words.

- **Gratitude**
  Gratitude is the attitude. I am thankful that I am claiming what I am thankful for.

- **Beauty**
  I am grateful for noticing the tiniest kindnesses and beauty in my day.

- **Food and Water**
  I am thankful for what food and water I have and I wish to notice and to not take this for granted.

- **Quiet Time**
  I appreciate moments of stillness where I can find quiet and calm.

- **Interactions**
  I am grateful that I can interact with others or enjoy watching my favorite show or a reading a good book.

- **I Have a Voice**
  I have gratitude for my voice, my strength, and for my resilience.

- **My Uniqueness**
  I can describe a unique quality about me that is mine.

- **Set a Goal Today**
  I set a goal today and completed it. (It can be as simple as making my bed when I woke up this morning,) I recognize the small stuff.

- **I Am Grateful**
  I focused on smiling more today and listening to music that I like.