

~ 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.

