~ 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

https://greatergood.berkeley.edu/ar ticle/item/is_gratitude_good_for_yo ur_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.

SMALL GESTURE GRATITUDE I noticed someone Gratitude is the attitude. **BEAUTY** gave me a kindness I am thankful that I am through their action claiming what I am **NOTICED BEAUTY** I am grateful for or words. thankful for. noticing the tiniest I took the time to open kindnesses and beauty my eyes to seeing in my day. something amazing today. **FOOD AND WATER GOOD NIGHTS** I am thankful for what **SLEEP** food and water I have I am grateful for a restful and I wish to notice sleep or a good and to not take this for afternoon nap. granted. **QUIET TIME** TRIED A NEW SELF-CARE ACTIVITY I appreciate moments of stillness where I can I am thankful that I took the find quiet and calm. time to take deeper breaths inhaling and exhaling to reset my sense of calm. **INTERACTIONS** l am grateful that I can interact with others or **WAS A POSTIVIE** enjoy watching my **EXAMPLE TO MY KIDS** favorite show or a reading a good book. I set my intention to be kinder and more present noticing my kids doing good. I HAVE A VOICE Then I told them about it. I have gratitude for my voice, my strength, and for my resilience. **SPENT TIME OUT MY UNIQUENESS** I walked outside my door or **SET A GOAL** I am can describe a unique opened my window to take quality about me that is I set a goal today and in the fresh air and enjoyed mine. I AM GRATEFUL seeing the sun shine today. completed it. (It can be a simple as making my bed I focused on smiling when I woke up this more today and listening morning.) I recognize the to music that I like. small stuff.