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# Gratitude Jar

## What You Need:

- Mason jar or glass canister – clear is better to watch it fill.
- A bundle of paper slips or cards
- A pretty pen or fine-tip marker
- A label or tag

## How to Use It:

1. Choose your moment. Right before bed, after dinner, or during morning coffee – whenever reflection fits easily into your day.
2. Write one thing you're thankful for. Big or small, doesn't matter. Be specific & add why if you can – it helps the feeling land.
3. Fold it and drop it in. Listen to the sound as it hits the pile – that's the sound of small joys stacking up.
4. Open it later. On a rough day, when you need a boost, or at year's end, pour them out and read. You'll remember how full your life actually was.