



MY GRATITUDE JAR



Each day, fill your jar with things you are grateful for.
Practice gratitude. Focus on the good. Fill your life.



DIRECTIONS: Each day, write or draw five things you are grateful for and place them in that day's jar. Small things count too!



At the end of the week, look back and see how much goodness surrounds you.

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



REFLECT AT THE END OF THE WEEK



What are some of your favorite things you wrote in your jars this week?

How did focusing on gratitude make you feel?



REMEMBER:

- ♥ Gratitude shifts your focus.
- ♥ Gratitude builds happiness.
- ♥ Gratitude helps you see the good, even on tough days.
- ♥ Gratitude is a habit.
- ♥ Gratitude is powerful.



Start each day with gratitude and end each day with peace.
You already have so much to be thankful for.



KEEP FILLING YOUR JAR!