



An Activator for Gratitude

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### **My Gratitude Jar**

Imagine if you could take all the things that you're grateful for and put them in a jar. This way, you could see them all at once and they can be a reminder of all the good things in your life.

Fill the empty gratitude jar below with all the things you're grateful for.

Here are some ideas to get you started:

- Something that makes you feel happy
  - Someone who you love
- Something that makes you feel safe and calm
  - A place that you like to go
  - Someone who helps you



MY GRATITUDE JAR

