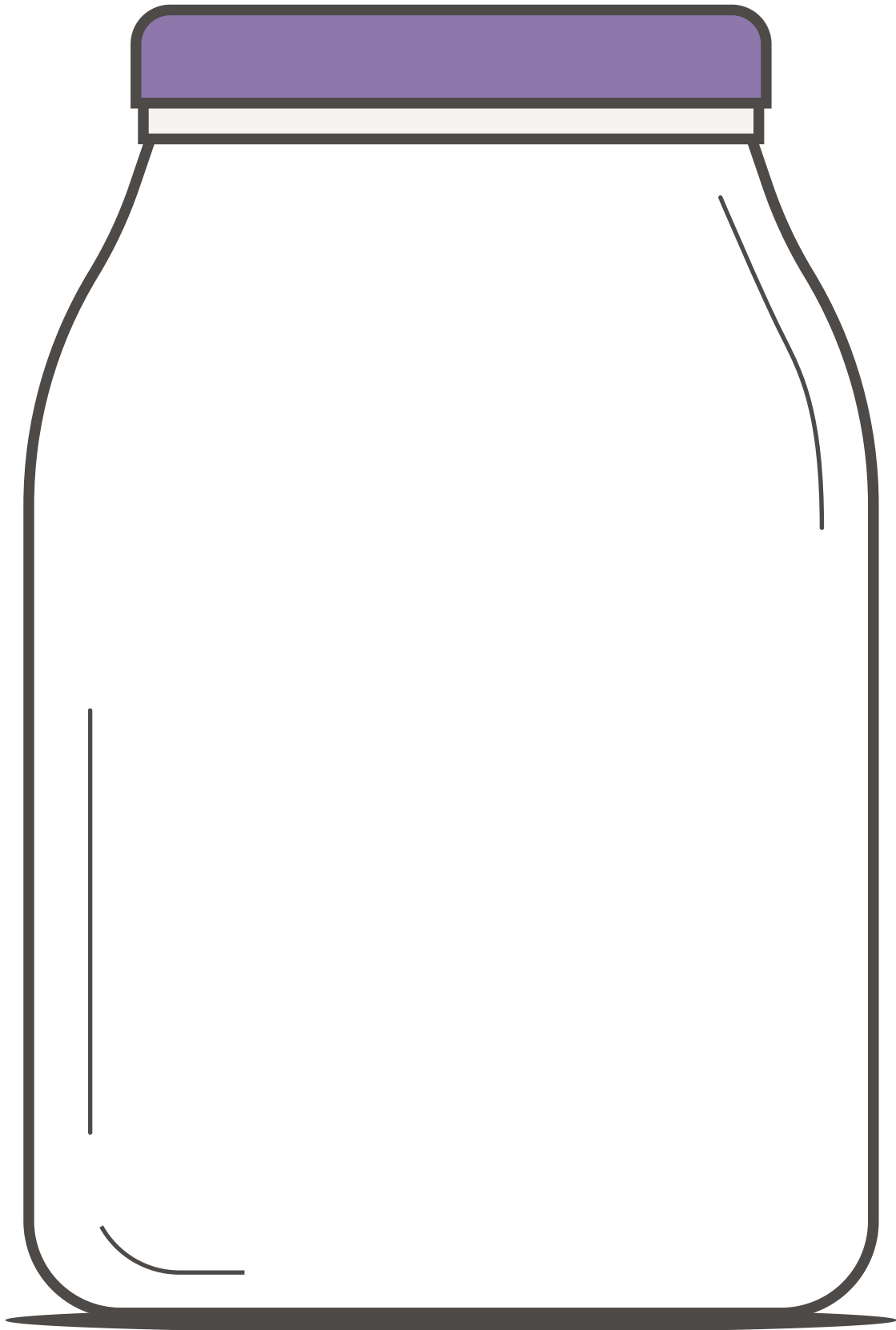


Gratitude Jar.

Date:

Take some time to reflect on the people, experiences and the things you have in your life that you're really grateful for and put them in this gratitude jar! The goal is to fill up the jar up to the lid, so you can come back and reflect on things you've written down when you're feeling a bit blue.



Gratitude Worksheet.

Date:

List ten things you have a reason to be thankful for:

Even if they're really small things like warm sunrays on your face

How are my challenges making me learn:

For example if you have a conflict with someone, you may be learning how to handle yourself gracefully in difficult situations

The people in my life I'm really thankful for:

Things I'm looking forward to:

What are some great things and opportunities you're looking forward to. How can you have more such things?

Gratitude Worksheet.

Date:

Today I'm grateful for:

- _____
- _____
- _____
- _____
- _____

People I'm grateful for:

- _____
- _____
- _____
- _____
- _____

Something awesome that happened:

- _____
- _____
- _____
- _____
- _____

My best memories:

- _____
- _____
- _____
- _____
- _____

Best parts of my day:

- _____
- _____
- _____
- _____
- _____

Things that made me smile:

- _____
- _____
- _____
- _____
- _____