

# Gratitude Jar Worksheet

Name: \_\_\_\_\_

Use this worksheet to reflect on the things you're thankful for. Fill the jar with your gratitude notes. You can write about anything that brings you joy, comfort, or a sense of well-being.

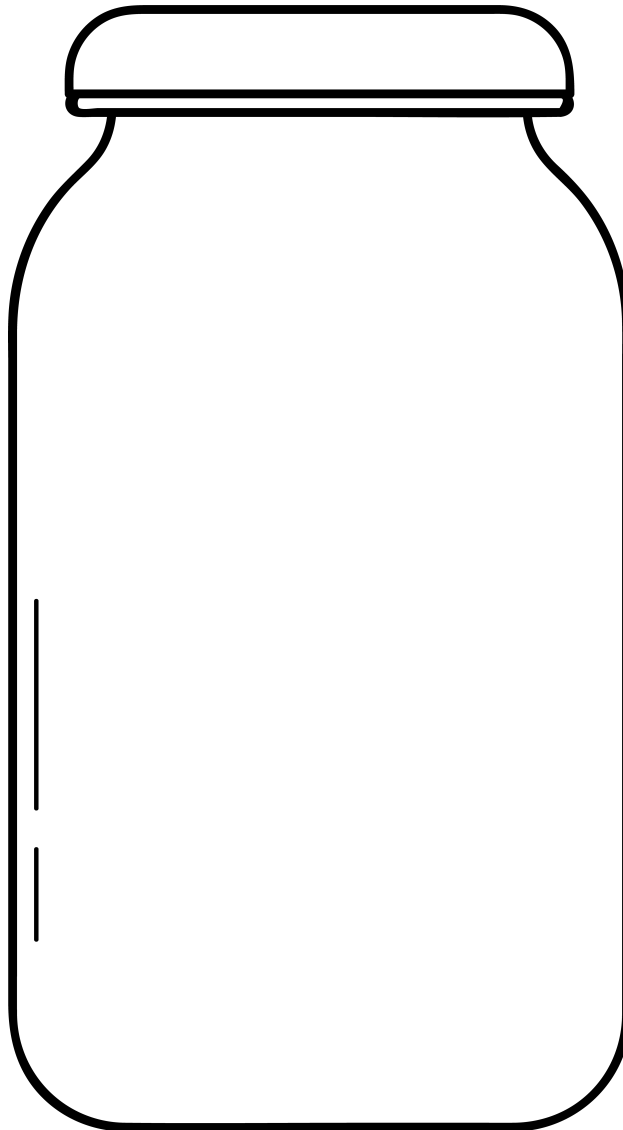
Below are some inspirations to get you started.

- Abilities
- Education
- Employment
- Family
- Food
- Nature
- Friends
- Gifts

- Growth
- Health
- Hobbies
- Holidays
- Home
- Love
- Memories
- Objects

- Opportunities
- Pets
- Place
- Seasons
- Skills
- Technology
- Time
- Transportation

**Write about the things you are thankful for inside the jar!**





<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>
<p>The date today is _____.</p> <p>I am thankful for:</p>	<p>The date today is _____.</p> <p>I am thankful for:</p>