Gratitude Jar Worksheet

Name:		
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.

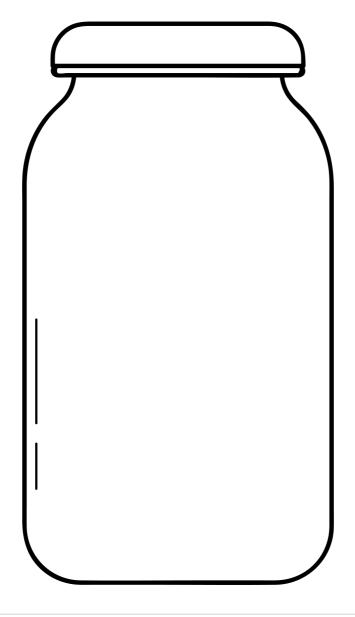
Below are some inspirations to get you started.

- 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!



Gratitude Card

If you would like to do an activity that requires a physical Gratitude Jar and Gratitude Cards, here is a label and some cards that you can print and cut out.

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`,	Gra	atitude	Jar	

The date today is I am thankful for:	The date today is I am thankful for:
The date today is I am thankful for:	The date today is I am thankful for:
The date today is I am thankful for:	The date today is I am thankful for:
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