

# Gratitude Jar

Cut or tear up the sheet below and put the pile next to a jar or box. Encourage your family, flatmates or work colleagues to write notes each day and drop them in the jar. Once a week, empty out the jar and spend 10 minutes as a group reading them.

Who are you grateful for? ..... Why? ..... ..... .....	Who are you grateful for? Why? ..... ..... .....
Who are you grateful for? ..... Why? ..... ..... .....	Who are you grateful for? Why? ..... ..... .....
Who are you grateful for? ..... Why? ..... ..... .....	Who are you grateful for? Why? ..... ..... .....
Who are you grateful for? ..... Why? ..... ..... .....	Who are you grateful for? Why? ..... ..... .....
Who are you grateful for? ..... Why? ..... ..... .....	Who are you grateful for? Why? ..... ..... .....
Who are you grateful for? ..... Why? ..... ..... .....	Who are you grateful for? Why? ..... ..... .....

