

# 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? ..... ..... .....
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