**DIY GRATITUDE JAR**

This makes a great “unofficial” gratitude journal and is so fun to look back on and see what you were grateful for on a specific day.



#### **MATERIALS:**

* Jar
* Slips of paper **(e.g. Today I am grateful for…)**
* Pen
* ***(Optional)***decorations for the jar: glitter, stickers, beads etc



**Instructions:**

Each day fill out one of your slips of gratitude paper.

Once you’ve built up your jar, pick out a slip of paper to read at any time but especially when you need a lift.