

Gratitude Jars



A gratitude jar is a tool to help you practice gratitude in your daily life. It is simply a jar that you fill with papers about things you are grateful for. You can create a specific time each day to do this, or you can put the jar in a well-traveled spot in your house and put in a note whenever you pass by it.

Materials

- Jar
- Printed labels
- Glue Dots
- Paper (large strip and small strip)
- Die Cut
- Chalkboard stickers and chalk
- Markers, crayons or colored pencils*
- Scissors*
- Tape*
- Ribbon and Twine
- 20 rectangle notes
- Pen* or pencil
- * NOT INCLUDED



Instructions

Because this craft is very personalized, it's up to you how you decorate your gratitude jar, but here are some ideas:

- Color in your favorite label, cut it out, and stick it on. Feel free to make your own out of the paper provided.
- Wrap the twine or ribbon around the lid or around the jar. Secure with a glue dot or tie in a knot/bow.
- Thread the "tag" label on the ribbon or make a tag of your own with the paper provided.
- Stick die cuts around the jar or on top with glue dots to add some flair.
- Wrap the larger piece of paper around the whole jar for a colorful background or wrap the smaller piece of paper around the lid or around the jar as a cute border.
- Use the extra ribbon or twine to tie your note papers in a bundle.

