

Gratitude Jar

Start a habit you'll love this year.



1. Grab a jar - you can decorate it if you like.
2. Every few days, write a short note to remind you about something you feel grateful for - or draw a picture - and put it in the jar.
3. Whenever you're having a tough day, dive into the jar and remind yourself of how many things have been good already this year.
4. At the end of the year, re-read your jar - make it a special occasion.
5. Perhaps share a photo of your jar, over at the forum.