

## Gratitude Jar Guide

When we focus on the good things in our lives and feel grateful for them, we are more likely to feel good about ourselves. This can lead to greater self-confidence and a more positive self-image. Overall, practicing gratitude can have a powerful impact on our mental health and wellbeing.

A gratitude jar is a container of happy, grateful moments.

Try creating your own Gratitude Jar by following these simple steps:

1

Find an empty jar

2

Write down something you feel grateful for every day and add it to the jar

3

Whenever you're feeling down and sad, use your gratitude jar and reflect on all the things you're grateful for



Questions to get you thinking:

- My happy place is...
- My favourite thing about myself is...
- Something that calms me down is...
- Somewhere I feel safe is...
- The best part of my day has been...
- My favourite people are...
- I am really good at...
- I love my....