

THANK YOU!

Thank you for downloading this freebie. I hope it brings you and your family closer together.

1. Set up your jar or box

- Attach the provided label and decorations using tape or glue.
- Print the gratitude slips that you would like (there are several options) and cut them apart.

2. Write or Draw your Gratitude.

- Each day, invite every family member to write or draw something that they are grateful for.

3. Fill the Jar

- Fold each slip of paper and drop it into the jar. Over time, watch the jar fill up with positivity!

4. Share The Gratitude

- Choose a special time, Like Christmas Eve, New Year's Day, or a family dinner to open the jar and read the slips together.

5. Keep the Habit Going

- Consider keeping the Gratitude Jar tradition alive year-round! You can empty it at the start of each new month or save it to open during special family moments. (I've included gratitude prints that are not Holiday related)

Tips for success:

- Encourage everyone to participate, even if it's just a small note or drawing.
- Make it fun by decorating the jar or box together as a family.
- Remind everyone that gratitude doesn't have to be big things-it can be simple joys, like a sunny day or a kind word.

GRATITUDE JAR / BOX
DECORATIONS

We are
grateful

We are
grateful



GRATITUDE

S M T W T F S

Date:

NOTE

Today, I'm Grateful For:



GRATITUDE

Date:

NOTE

Today, I'm Grateful For:



GRATITUDE NOTE

S M T W T F S

Date:



GRATITUDE NOTE

Today, I'm Thankful For:

S M T W T F S

Date:



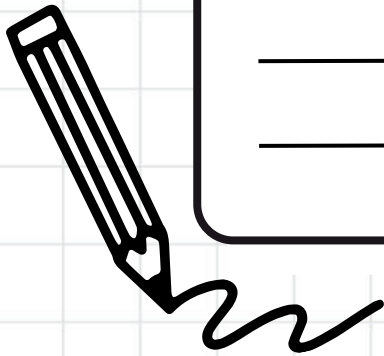
GRATITUDE

S M T W T F S

Date:

NOTE

Today, I'm Grateful For:



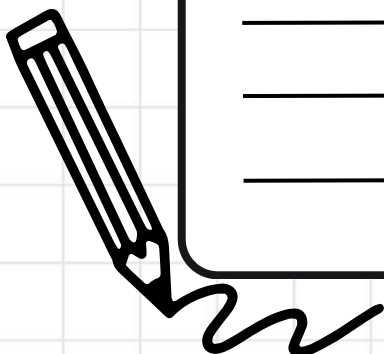
GRATITUDE

S M T W T F S

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NOTE

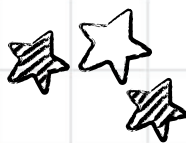
Today, I'm Grateful For:



GRATITUDE

Today, I'm Thankful For:

NOTE



S M T W T F S

Date:



GRATITUDE

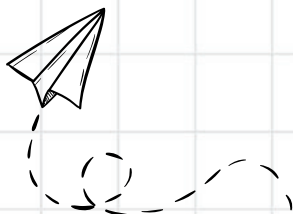
Today, I'm Thankful For:

NOTE



S M T W T F S

Date:



Today I am thankful for

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