

GRATITUDE JAR ACTIVITY

Describe something lucky that happened to you last year and how your life improved.



Think of something you used today that other people may take for granted.



Describe a peak experience from the year, what made it special, and why you are grateful for it.



What do you appreciate the most about the person sitting next to you?



Describe a special favor you received, how it helped you, and how it touched you.



Describe something you are particularly grateful for in your life and why.



Describe a special gift or talent you have, how you use it, and why you are grateful for it.



Describe something that you do often that makes you happy and why.



Name someone you know who makes your life better and why.



Describe something that happened this past week that you are grateful for and why.



Describe something you have done that you are particularly proud of and why.



Name 5 things that make you smile and why.

