

The Gratitude Jar

Why?

Practicing gratitude gives us a direct link to Joy. But it can be easily forgotten and it's something we all learn with practice.

In a culture of 'so much' its' incredibly important to connect with what we have, what we value and what we are grateful for.

How?

A gratitude jar can be a great way to do this.

Find some kind of vessel and place it centrally in the house.

Have small squares of paper and a pen next to it.

Create a family habit of whenever you connect with something/someone, some place etc.. you are grateful for write it down and pop it in.

You can also have moments of ritual before or after a mealtime for example when you go around the table and say something you are grateful for and put it in the jar

Also, you can use the jar when you are in need of a gratitude reminder – dip in when you need to and see what you discover!

Photo by Milan Popovic on Unsplash



Create space
and connect in

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