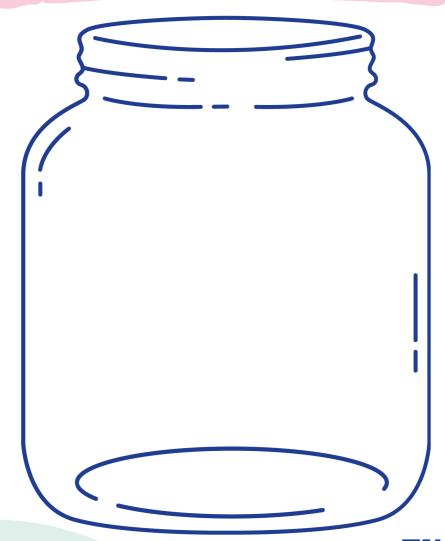
Create your own Gratitude Jar!

Gratitude is pausing to notice and appreciate things that we often take for granted. This activity is a great way to start taking notice of what makes you feel good and finding things you enjoy.

Fill the inside of the jar with notes, thoughts or activities - then you can pick one each day to remind yourself what truly makes you happy and calm.





lancashiremind.org.uk



