

*Gratitude reminds you that you have enough
and that you are enough.*

A gratitude jar is a fun way to provide a visual reminder of the many blessings in your life. Basically it's a place to write down and keep all the things you are thankful for. Every day take a moment to think about what you are thankful for whether it's an activity, a kind act, a person or simply some detail of your everyday life. You then write it down on a slip of paper and stick it in the jar. Over time, you'll accumulate a jar full of all the things that make your life beautiful.

