

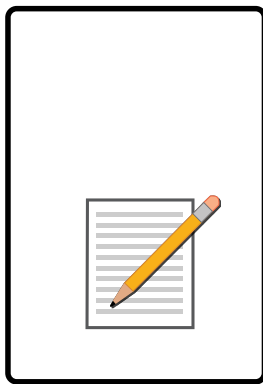
# Gratitude Jars

## Instructions:

- Open the Jar we provided in the kit or use any empty jar you have on hand
- Use the paper provided, a small pad of stationary or sticky note
- Write one thing you are grateful for each day using a marker or pen
- Fold the paper and place it in the jar. Close the lid.
- Take one out and reflect on your ideas later



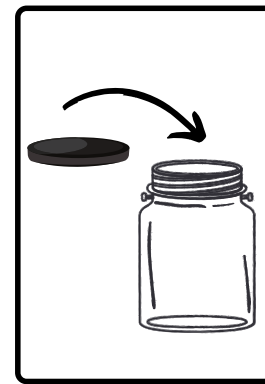
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