

**Create Your
Own Family
Gratitude
Jar Set**

Family Gratitude Jar Set Instructions

Welcome to your Family Gratitude Practice! This set includes jar labels, gratitude prompts, and space for your responses. Here's how to get started:

What You'll Need:

- Two jars (one for prompts, one for responses)
- Printer
- Paper (regular or adhesive, depending on your preference)
- Scissors
- Glue or tape (if not using adhesive paper)
- Pens or pencils

Setting Up:

1. Print the labels. (Tip: For easy application, consider printing the labels on adhesive printer paper.)
2. Cut out the jar labels and attach them to your jars.
3. Cut the prompt cards along the dotted lines.
4. Place all the prompt cards in one jar - this is your "Prompt Jar."
5. Keep the other jar empty - this will be your "Gratitude Jar."

How to Use:

1. Regularly (daily, weekly, or as often as you like), have family members draw a prompt from the Prompt Jar.
2. Reflect on the prompt and write your response on the blank side of the card.
3. Place your completed gratitude note in the Gratitude Jar.
4. At the end of each month (or any time you choose), gather as a family to read and share the collected gratitude notes.

Tips:

- Print multiple copies of the prompts for extended use or larger families.
- Feel free to revisit prompts - your answers may change over time!
- Customize your jar by adding your own prompts inspired by these examples.
- Make it a routine, such as sharing at dinner time or before bed.
- Encourage all family members to participate, but keep it voluntary and fun.

Remember, there's no right or wrong way to practice gratitude. The goal is to reflect on and appreciate the positive aspects of your lives. Enjoy this special time with your family!

Jar Labels

These are labels for the jar that will hold the *completed* gratitude cards.

**Our Family
Gratitude
Jar**



Fill with moments of thankfulness

**Moments
of
Gratitude**



Fill with moments of thankfulness

**Our Family
Gratitude Jar**



Fill with moments of thankfulness

**Moments of
Gratitude**



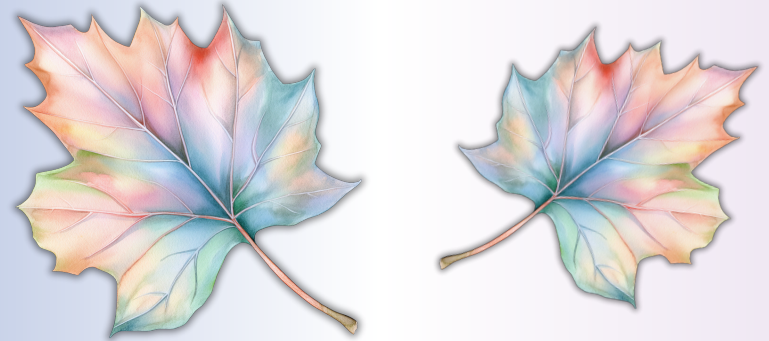
Jar Labels

These are labels for the jar that will hold the *blank* gratitude cards.

**Gratitude
Prompts**



Inspiration Jar



**Thankful Thoughts
Starters**



**Gratitude
Question
Jar**



Gratitude Prompt Cards

 <p>I'm grateful for a _____ because... (Family Member's Name)</p> <hr/> <hr/> <hr/> <hr/>	 <p>A recent experience I'm thankful for is...</p> <hr/> <hr/> <hr/> <hr/>
 <p>Something in nature that made me feel grateful today...</p> <hr/> <hr/> <hr/> <hr/>	 <p>I appreciate this about our home...</p> <hr/> <hr/> <hr/> <hr/>

Gratitude Prompt Cards



A friend I'm thankful for and why...



An accomplishment I'm grateful for this week...



Something that made me laugh recently...



A skill or ability I'm thankful to have...

Gratitude Prompt Cards



A challenge I'm grateful for because it taught me...



A tradition our family has that I appreciate...



Something new I learned that I'm thankful for...



A way someone showed kindness to me recently...

Gratitude Prompt Cards



A book or movie that made me feel grateful...



A part of my daily routine I'm thankful for...



Something about my health I'm grateful for...



Something about my church, community or neighborhood I'm grateful for...

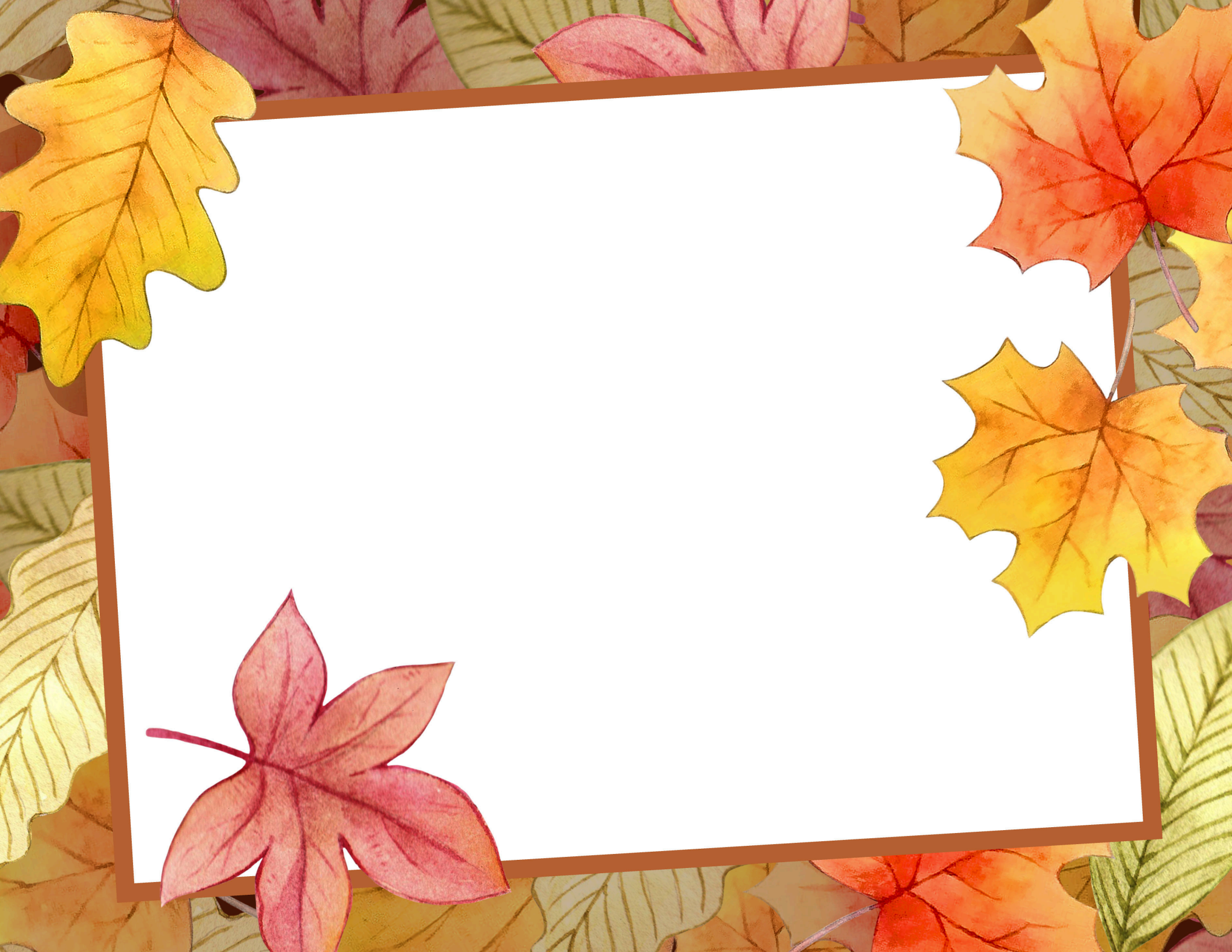
Gratitude Prompt Cards (Blank)

Autumn Bookmarks



Autumn Bookmarks







**“Blessed be the
Lord, who daily
loadeth us with
benefits...”**

Psalms 68:19a KJV

