

Gratitude Jar Worksheet

GRATITUDE JAR WORKSHEET

Name: _____

Use this worksheet to reflect on the things you're thankful for. Fill the jar with your gratitude notes. You can write about anything that brings you joy, comfort, or a sense of well-being.

Abilities, Education, Employment, Family, Food, Nature, Friends, Gifts, Growth, Health, Hobbies, Holidays, Home, Love, Memories, Objects, Opportunities, Pets, Places, Seasons

Write about the things you are thankful for: