

LIVED EXPERIENCE TELEPHONE SUPPORT SERVICE

Gratitude Jar



How it works:

1. Find a spare jar and place it somewhere you will see it.
2. Print the below prompt cards, cut them out & place them near the jar.
3. Daily or weekly, fill out one of the cards & place it in the jar.
4. When you don't have a good day or at the end of the year, read through the cards & appreciate all that you are grateful for!

I feel lucky I can...

1800 013 755  letss.org.au

I appreciate...

1800 013 755  letss.org.au

It makes me happy when...

1800 013 755  letss.org.au

I feel pleased about...

1800 013 755  letss.org.au

I am grateful for...

1800 013 755  letss.org.au

I am loving...

1800 013 755  letss.org.au

I am thankful for...

1800 013 755  letss.org.au

I feel glad I can...

1800 013 755  letss.org.au

I am enjoying...

1800 013 755  letss.org.au

I feel lucky I can...

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I appreciate...

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