

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #2: MAKE A GRATITUDE JAR



Maya Angelou once wrote, “The ship of my life may or may not be sailing on calm and amiable seas. The challenging days of my existence may or may not be bright and promising. Stormy or sunny days, glorious or lonely nights, I maintain an attitude of gratitude. If I insist on being pessimistic, there is always tomorrow. Today I am blessed.”

We express and experience gratitude daily, without even noticing it. While everything might seem overwhelming right now, we can take control and find things we are grateful for to focus on. Gratitude is defined as the feeling or expression of thankfulness and appreciation towards yourself, others, people, places, or things. You are expressing gratitude when you thank someone for a gift, for holding a door open, and when you give your child’s teacher a card at the end of the year.

Expressing and receiving gratitude daily can help increase positive feelings towards yourself and other people. While it may seem that there are so many negatives in the world right now there are things to feel grateful about in your own home or social circle. Shifting the focus to things you can control can make the world of difference in your daily life throughout these unprecedented times.

Practice Gratitude Today:



1. GRAB A MASON JAR, CUP, CLEAN EMPTY BOTTLE, ETC.
2. DECORATE WITH PAPER, STICKERS, RIBBON OR ANY OTHER CRAFT SUPPLIES. (OPTIONAL).
3. TAKE POST-ITS OR CUT UP STRIPS OF PAPER AND MAKE PROMPTS FOR YOURSELF SUCH AS “TODAY I AM GRATEFUL FOR...”, “SOMEONE I WOULD LIKE TO EXPRESS GRATITUDE FOR IS...”
4. EACH DAY, WRITE ONE OR MORE OF THESE AND PLACE THEM IN YOUR JAR.
5. WHEN THE JAR IS FULL, PULL A SLIP OUT AND SHARE BY CALLING OR TEXTING A FRIEND AND FAMILY MEMBER AND GOING THROUGH THE ENTRIES TOGETHER.

Parent Practice Tip:

Similar to a gratitude jar, you may have a place where you have old holiday cards or crafts your child made for you. Think about the love and thankfulness expressed in their creations. Share your gratitude with your child by showing them some of the saved crafts.

To Learn More:

WHAT IS GRATITUDE?
GRATITUDE BREATH
GRATITUDE CALENDAR

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