

### Exercise: "Gratitude Jar"

The Gratitude Jar is a visual, tangible, and creative way to accumulate moments of gratitude throughout your life or professional journey. This exercise encourages you to capture daily expressions of appreciation, creating a visual reminder of the positive aspects in your life.

#### 1. Prepare Your Jar:

- Find a decorative glass jar or container that resonates with you. This will serve as your Gratitude Jar. You may choose to personalize it further by decorating it or adding inspiring quotes.

#### 2. Daily Reflection:

- Set aside a few moments each day to reflect on positive experiences, moments of joy, or things for which you are grateful. These can be related to your professional life, personal achievements, or simple pleasures.

#### 3. Write It Down:

- When you identify a moment of gratitude, write it down on a small piece of paper. Be specific in your descriptions, capturing the essence of why the moment brings you joy or appreciation. You may enhance this practice by introducing a color-coding system, associating different colors with distinct areas of your life. For instance, consider using blue paper for expressions of gratitude tied to your professional realm and green for those associated with personal matters. This visual distinction not only adds a creative touch but also allows you to observe the distribution of gratitude across different aspects of your life. It can serve as a valuable tool to guide your focus and potentially prompt a shift in the balance of gratitude expression between professional and personal domains. If you are crazy about decoration like us, chose colors that would match the decoration of the room where you will place your jar.

#### 4. Date Each Note:

- Include the date on each note to create a chronological record of your daily gratitude. This adds a timeline to your reflections, allowing you to see patterns and trends over time.

#### 5. Fill Your Jar:

- Place each note into the Gratitude Jar. As days go by, the jar will gradually fill with expressions of positivity and appreciation.

#### 6. Reflect Periodically:

- Take moments to revisit the notes in your Gratitude Jar. Reflect on the collection of positive experiences and acknowledge the growth or positive changes in your life. Look at your jar, especially when you are having a bad day, as it will be a good reminder of the good even during challenging times.