

GRATITUDE JAR

WRITE INSIDE THE JAR THINGS YOU ARE GRATEFUL FOR. THESE CAN BE PEOPLE, MOMENTS, OR ANYTHING THAT MADE YOUR DAY BETTER OR MEANT SOMETHING TO YOU.



See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

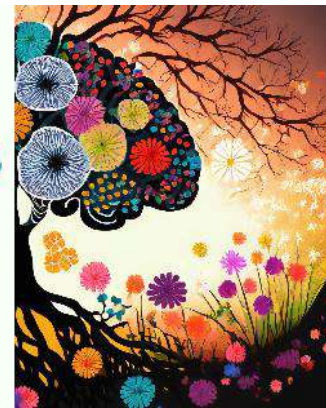


2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com

Free Anxiety Tools & Resources



3 www.feelingshelpbox.com



©Edita Stiborova (2025) This document can be used at no charge by individuals and not-for-profit organisations for their work with families and/or training as well as uploaded to other websites providing that no changes are made to its content.