Grateful Mindfulness Practice

Steps for Creating a Daily Gratitude Writing Practice



Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward





1

Create a Personal Gratitude Jar

Recycle any old jar, decorate it and make sure it's big enough to fit all of your daily gratitudes!



2

Write 5 Things that You are Grateful for

Write 5 things that you are grateful for on scraps of recycled paper and place them in your Gratitude Jar. Make sure that one of your gratitudes is to a person, organization or other entity with an address.

3

Write Gratitude Jar Postcards

Write a Gratitude Jar postcard to let that person, organization or other entity know that their name was placed in your Gratitude Jar. Tell them why you are grateful to them. Don't forget to mail your postcard later in the day.







Free-write for 15-20 Minutes

Write for 15-20 minutes. After you finish, reflect upon how this practice affected your social, emotional and physical well being. Repeat this practice daily.