

THE GRATITUDE JAR



This sheet is to help you find moments of gratitude and contentment on your financial journey. Get a jar, label and decorate it however you wish and pick a special spot for it. Anytime you feel happy, content or grateful, cut and fill out one of the attached slips and add it to your jar. Pick a date once or twice a year to sit down and read the slips and reflect on how far you have come and what you have achieved.

Today's Date: _____ | Feel: _____
I am grateful for: _____

Today's Date: _____ | Feel: _____
I am proud of: _____

Today's Date: _____ | Feel: _____
I am grateful for: _____

Today's Date: _____ | Feel: _____
I am proud of: _____

Today's Date: _____ | Feel: _____
I am grateful for: _____

Today's Date: _____ | Feel: _____
I am proud of: _____

Today's Date: _____ | Feel: _____
I am grateful for: _____

Today's Date: _____ | Feel: _____
I am excited for: _____

Today's Date: _____ | Feel: _____
I am grateful for: _____

Today's Date: _____ | Feel: _____
I am excited for: _____

Today's Date: _____ | Feel: _____
I am grateful for: _____

Today's Date: _____ | Feel: _____
I am excited for: _____

Today's Date: _____ I Feel: _____

I love myself for: _____

Today's Date: _____ I Feel: _____

I love myself for: _____

Today's Date: _____ I Feel: _____

I love myself for: _____

Today's Date: _____ I Feel: _____

I love myself for: _____

Today's Date: _____ I Feel: _____

I am content with: _____

Today's Date: _____ I Feel: _____

I am content with: _____

Today's Date: _____ I Feel: _____

I am content with: _____

Today's Date: _____ I Feel: _____

I am content with: _____

Today's Date: _____ I Feel: _____

Today's Date: _____ I Feel: _____

Today's Date: _____ I Feel: _____

Today's Date: _____ I Feel: _____

Today's Date: _____ I Feel: _____

Today's Date: _____ I Feel: _____

Today's Date: _____ I Feel: _____

Today's Date: _____ I Feel: _____

