

Gratitude Jar

Fill Your Jar, Fuel Your Mind - Choose Gratitude



ITAC Grat Jar
#GratitudeJarChallenge #StayDrugFree
#ChooseHealthy

Build positivity & protect your mental health!

What you'll need:

- A small jar, cup, or container
- Paper slips or sticky notes
- Pens or markers



How to do it:

- Each day, write down at least one thing you're grateful for, a positive moment, or something that made you happy/smile.
- Fold it up and place it in your jar.
- At the end of the month (or week), open your jar and read your notes.
- Notice how many good things have filled your life!

Why it matters:

Practicing gratitude boosts mental health, reduces stress, and helps you focus on healthy ways to cope - all of which protect against turning to drugs or alcohol.

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