



A Simple Way to Collect the Good Things in Life

Life can be busy, stressful and sometimes overwhelming. When that happens, our minds naturally focus on problems, worries and everything that still needs to be done.

This simple activity helps train your attention to notice the small moments of goodness that are already happening around you.

Your jar can be filled with:

- ♥ Things you are grateful for
- ✨ Glimmers – those tiny moments that make you feel calm, connected or safe
- ☀ Sparkles – little moments of joy, laughter, beauty or happiness

Over time, your jar becomes a collection of reminders that even on difficult days, good things still exist.

What You'll Need

- A large jar, container or tin
- Small pieces of paper or sticky notes
- A pen
- The printable jar label (optional)
- The printable writing slips (optional)
- Scissors
- Glue or print labels

How to Make Your Jar

1. Decorate your jar if you would like to.
2. Print and attach one of the Gratitude, Glimmers & Sparkles Jar labels.
3. Cut out some writing slips or use sticky notes.
4. Place your jar somewhere you will see it regularly.

What Goes in the Jar?

Any moment that makes life feel a little brighter. It might be something you're grateful for, a little glimmer of hope, or a sparkle of joy hidden in an ordinary day.

Examples include:

- My morning coffee in the sunshine.
- Hearing birds singing in the garden.
- A walk with the dog.
- Finishing a task I had been putting off.
- My child making me laugh.
- A warm bath after a long day.
- A hug from someone I love.

There are no rules. If it matters to you, it belongs in the jar.

Take a moment each day to pop a note into the jar and watch it fill up over time. You can keep it just for yourself or turn it into a family activity and invite everyone to add their own moments.

Then, on the days when life feels a little rough around the edges, reach into your jar and read a few notes. Let them remind you that alongside the challenges, there has also been kindness, laughter, beauty and moments worth remembering.

You don't need a perfect life to find good things. Sometimes you just need a gentle reminder to notice them.







