



Check-In Jars

Directions: Throughout the day or next few days, consider the things that you are grateful for and the things that might make you worry. Write these items down and then cut them out and place them in jars labeled for "Gratitude" and "Worry." By placing them in the jars, we acknowledge these thoughts to celebrate the things we are thankful for and to call out the things that are making us uneasy. At dinner each night, review the items in the jar and consider each one. Can we tell someone thanks for the things we are grateful for? Can we find a way to reduce or process our worry for the things that make us nervous?

Gratitude

Gratitude

Gratitude

Gratitude

Gratitude

Gratitude

Gratitude

Gratitude

Worry

Worry

Worry

Worry

Worry

Worry

Worry

Worry