



**Name of Project:** Journey Jar: Mindful Gratitude

**Chapter Submitted:** Brooklyn Park, Anna Nichols

**Programming Area:** Living & Learning

**Type of Project:** Personal Development

**Project Goal:** This LL activity can also be used as a membership event. The idea is to support one's mental health and give members a physical way to focus on gratitude and positive aspects of their lives. This can be done with as few as 2 members or a full room.

**Planning Steps:** You will need enough supplies for all attending. The overall cost is approx. \$3 per person. Purchase in bulk for the best deals.

Supplies Needed:

- 1) Mason jars with lids
- 2) Items to decorate jars (stickers, blank labels, strings, glitter, glue, scissors, etc.)
- 3) Pen and Post-it notes (to take home)

**Project Details:** Journey Jar: Mindful Gratitude

1. Using your string and stickers, decorate your Jar
2. Using your label, name your jar
3. Each week, using a Post-it note, write down something positive that happened to you. What made you smile? Did someone do or say something encouraging? Did you accomplish a goal, etc.?
4. Fold your thoughts in half and put them into your jar.
5. On December 31<sup>st</sup>, open your jar and enjoy the memories, remembering the good that has come out of the year.

**Ways to Promote:** A chapter meeting, newsletter, or email

**Key Takeaways:** Have fun with it