**GROUP OR FAMILY EXERCISE**

*For Practicing Gratitude*

Create a gratitude jar or box. Whenever you (or the group or family) think of something you are grateful for,  write it down and put the paper in the jar. Then at the end of the week, month, a season, or a year, the group or family reads all of the papers together.

If individuals create their own jars/boxes, find a time for each of them to read their papers aloud to the group.

Try to make this a daily practice to develop an “Attitude of Gratitude”.