

Gratitude Jar

Welcome to the Gratitude Jar! This simple yet powerful practice can enhance your well-being by cultivating a positive mindset and appreciation for the good things in your life.

All you have to do is write or draw the things that bring you joy 😊

For Example:

**I am grateful for the sun!
That feeling of warmth,
like a big hug!**

Prompts to get you thinking:

- An act of kindness
- A moment of laughter
- Nature
- Comforting Spaces
- Personal Achievements
- Friends and Family
- Foods and Drinks
- Mindful Moments
- Technology
- Material Items





Self Care Bingo

Read A Book	Have A Shower	Go For A Walk	Meditate	Yoga
Cook A Healthy Meal	Listen To Your Favourite Song	Write 5 Things You Are Grateful For	Make Your Favourite Drink	Disconnect From Screens
Draw The First Thing That Catches Your Eye	Write A Letter To Someone You Love	FREE SPACE	Write Affirmations On A Post-It	Learn 7 New Fun Facts
Visit A Local Park	Listen To A New Podcast	Do A Dance Class On Youtube	Try A Guided Mindfulness App	Learn A New Language On Duolingo
Organise Your Closet	DIY Spa Day	List The Sounds You Can Hear	Take A Nap	Visit Your Local Library

Positive Affirmations

Immerse yourself in a world of positivity with our Positive Affirmations Sheet. This carefully curated collection of empowering affirmations is designed to uplift and inspire.

Decorate, fill in and cut out the cards below for your very own Positive Affirmations!



Some Ideas:

I am Loved

I am Kind

I am Fun



I am Smart

I am Capable

I am Friendly

I am Honest



I am Loyal

I am Clever

I am Brave

I am Joyful

I am Strong

Goal Setting

Embark on a journey of self-discovery and growth with our Goal-Setting Worksheet. This thoughtfully designed worksheet is your companion in defining, refining, and achieving your aspirations.

Fill out the simple prompts below!

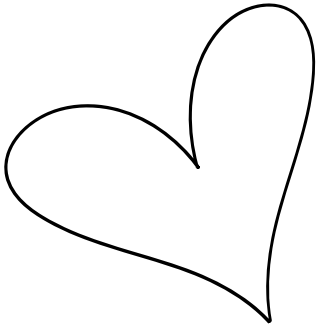
1 In 5 years, I want to be...

2 One skill I want to acquire in the next 6 months is...

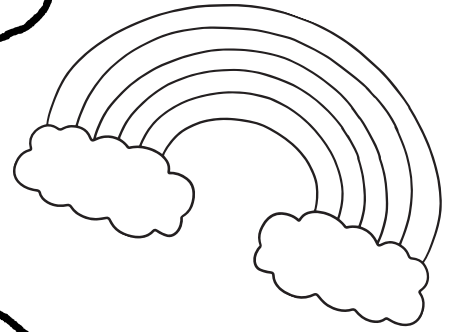
3 Happiness to me looks like...

4 Success for me, means...

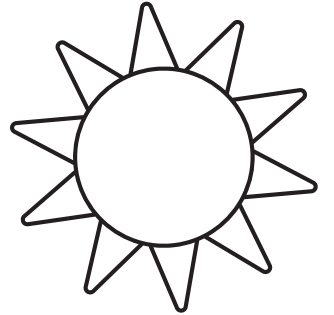
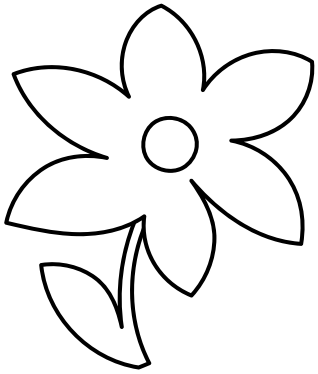
5 The type of person I want to be is...



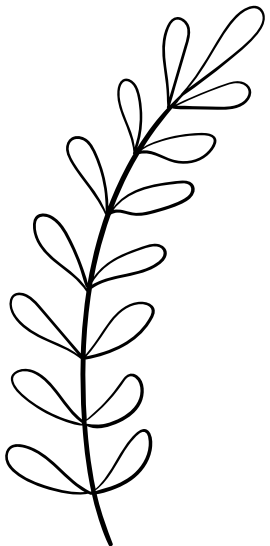
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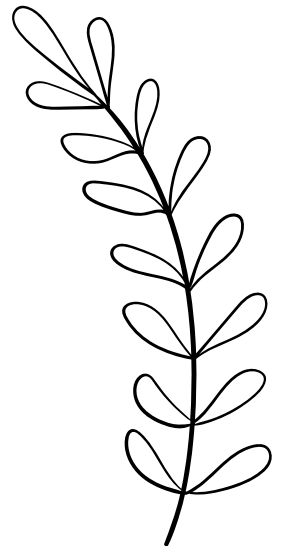
TOO



SHALL



PASS



Thought Challenging

What is the worry of
unhelpful thought?



What evidence proves
this might be/come true?



What evidence proves
this might **NOT** be/come
true?



How can you adjust the
thought so it is more
helpful to you?

