

 	<p>Breathe</p>  <p>Deep!</p>	<p>Why wait another month? Let's start a new healthy habit today! Any ideas?</p> <p>2</p>	<p>3 Repeat often</p> <p>I am able</p> <p>I am beautiful</p> <p>I am unique!</p>	<p>4 Let's plan out where our money should go, so we won't wonder where it went. Time to budget!</p>
<p>5 What healthy snack will be good for work this week?</p>	<p>6 Last 10 minutes of lunch, perfect time for a quick meditation.</p>	<p>7 Three small goals this week are...</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>8 20 minutes till the next meeting, fresh air here I come!</p> 	<p>9 Did someone say office wellness? Try to stand up and stretch in-between tasks today.</p> <p><input type="checkbox"/> I did it!</p>
<p>12 Try to power down early and be present.</p> <p><input type="checkbox"/> 20 Min</p> <p><input type="checkbox"/> 45 Min</p> <p><input type="checkbox"/> 60 Min</p> 	<p>13 Take some time to share our similarities,</p>  <p>14 and celebrate our differences!</p>	<p>15 How are your goals going? What should be adjusted before the new year?</p>	<p>16 Breathe in</p> <p>Hold → 2,3,4</p> <p>Release →</p> <p>Now three more times together...</p>	<p>17 Something that always brings me joy this time of year is...</p> 
<p>19 My top three intentions for this week are...</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>20 What is one change I can make to increase my happiness?</p>	<p>21 Hydration check! I'm on glass number ...</p> <p>★ ★ ★</p> <p>★ ★ ★</p>	<p>22 Who might need some extra support right now? Make that call.</p>	<p>23 There is always something</p>  <p>24 to be thankful for!</p>
<p>26 Give yourself permission to take breaks.</p>  <p>27</p>	<p>28 A great thing that transpired today was...</p>	<p>29 Perfect time to share with others the appreciation we have for them.</p>	<p>30 What brought me peace this month? What practices are coming to 2022 with me?</p>	<p>31</p>

December

Behind You
All your memories
Before You
All your dreams
Around You
All who love you
Within You
All you need!

As 2021 comes to an end what better time to reflect on the year and acknowledge the people and things that contributed to our overall wellness. Gratitude Jars are an enjoyable, artistic, and a hands-on way to practice gratitude by writing statements throughout the day that express ones appreciation. -TherapistAid.com

- ☐ Cut out the jar from this page and get inspired to create your own gratitude jar, or use a real jar.
- ☐ Use the prompts below or think of your own statements to write inside. This can include people who have been impactful this year, positive choices you have made, or activities you're doing right now that make you happy: TV shows, books, movies, games, etc.
- ☐ Share with others, especially if they have a special place in your jar.

*Something I
accomplished
this year ...*

*Three people
who make me
happy are...*

*I appreciate
(person), because...*

*I was proud of
myself today
because...*

*I am
thankful
for ...*

*I always smile
when I think
of...*

