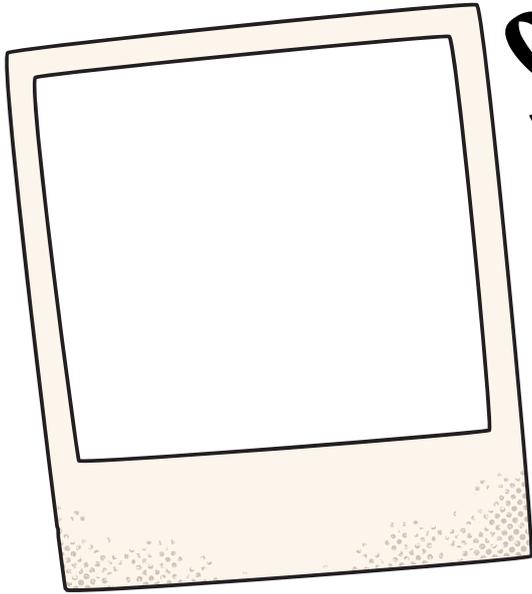




About Me...

this is me



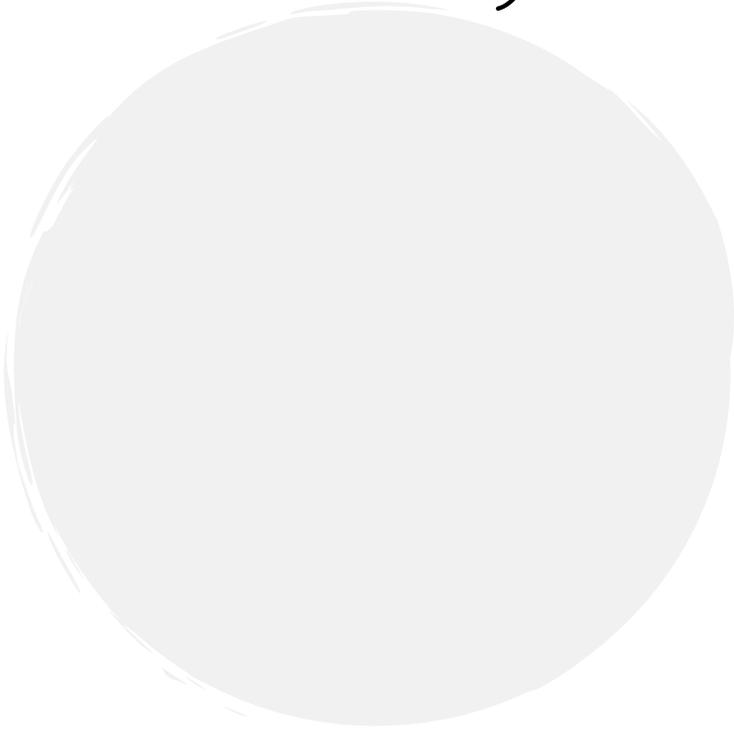
things I like about
being me...

people that make me happy...



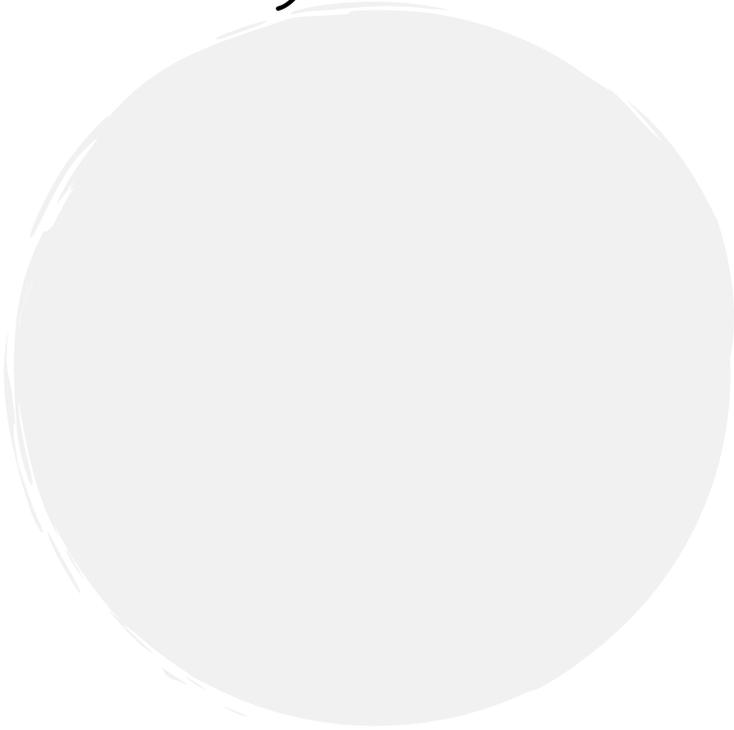


Things I'm good at...





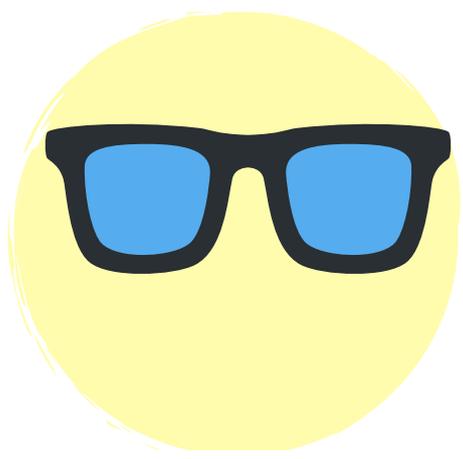
Things I want to be better at...





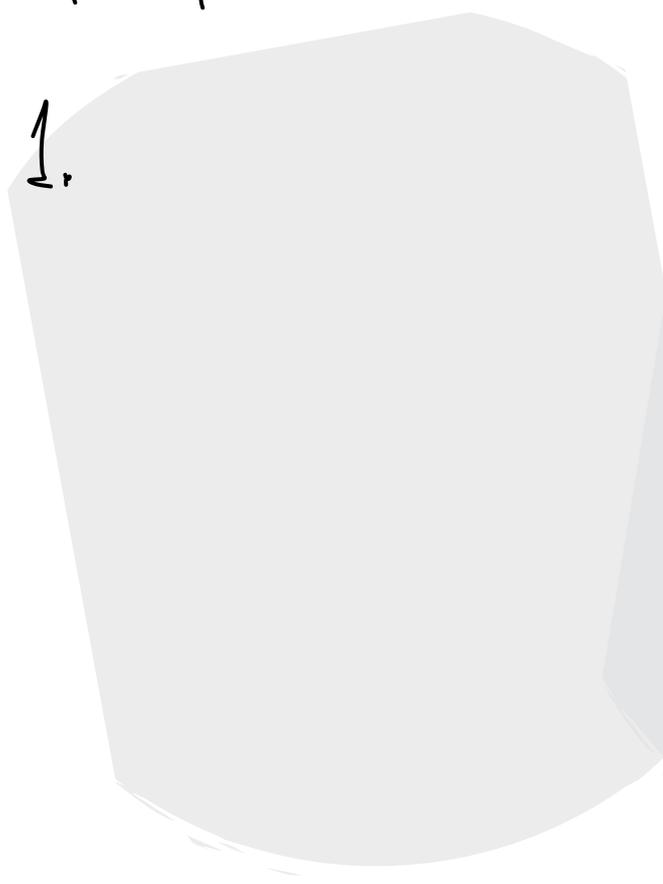
Today's date:

Today I've felt...

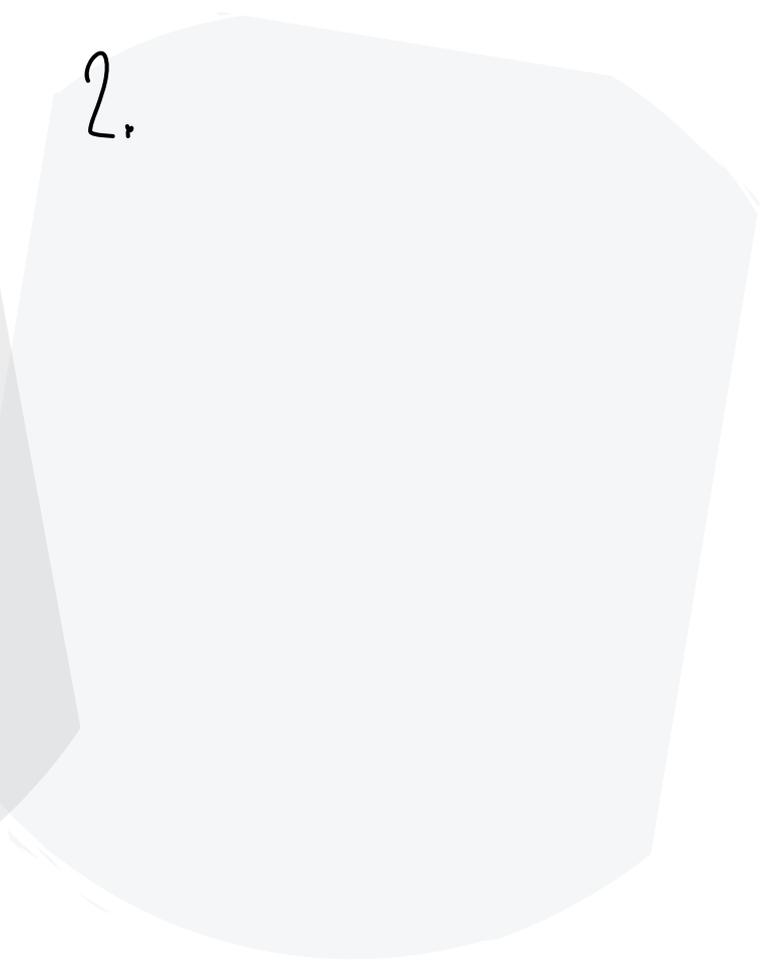


Today's best bits...

1.



2.



The word "JANUARY" is written in a bold, black, sans-serif font. The letters are centered and surrounded by several light blue, stylized snowflakes of varying sizes and orientations, creating a winter-themed header.

JANUARY

Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...

JANUARY

Fill this jar with the things you've enjoyed doing this month.



Why not decorate a jar to make your own gratitude jar!

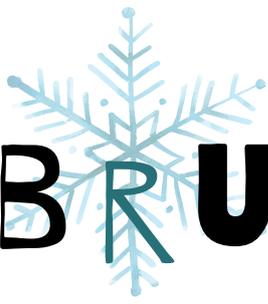


FEBRUARY

Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...



FEBRUARY

Fill this jar with the things you've enjoyed doing this month.



Leave some food out for the birds this winter.



Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...



Fill this jar with the things you've enjoyed doing this month.



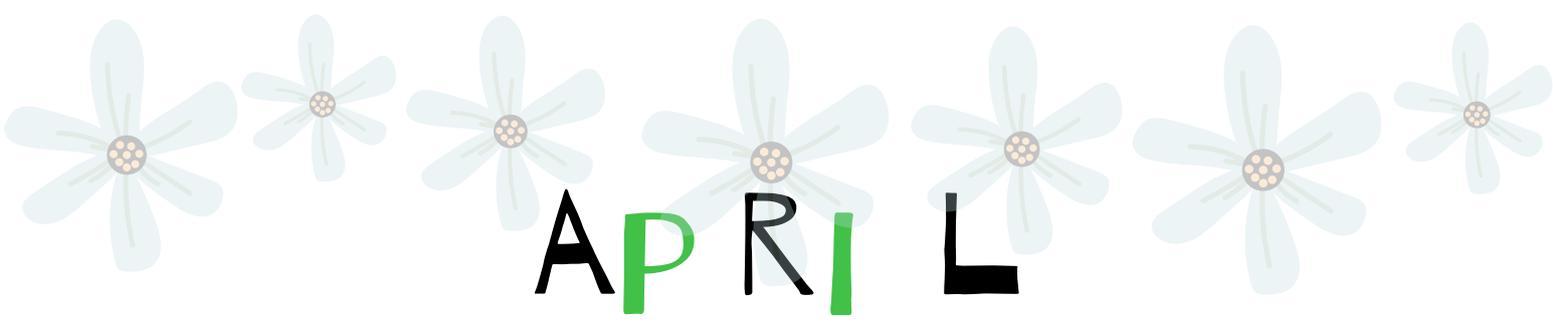
Do something kind for somebody.



Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...



Fill this jar with the things you've enjoyed doing this month.



Donate your unwanted items to family, friends or charity.



Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...



Fill this jar with the things you've enjoyed doing this month.



Plant something...flowers or veg in pots.



JUNE

Things I want to achieve this month...

Stuff I'm a little worried about...

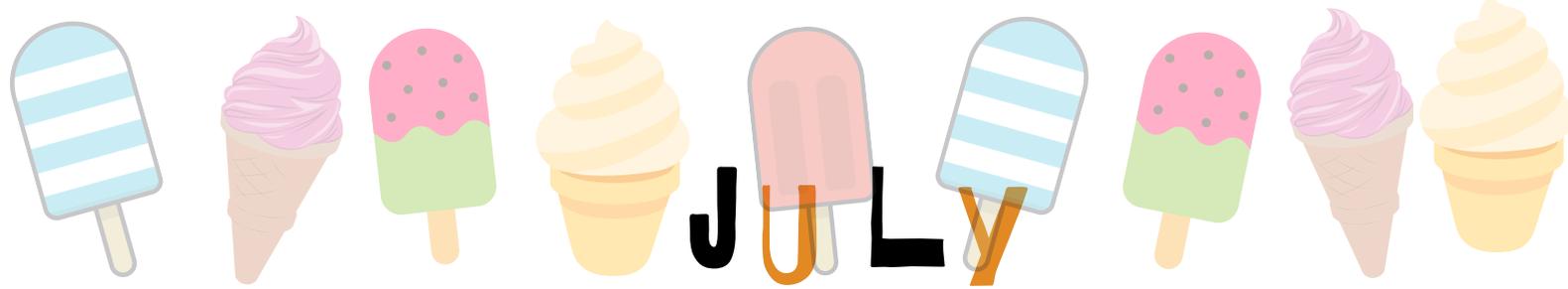
Things I'm looking forward to...



Fill this jar with the things you've enjoyed doing this month.



 Try something that's new to you...yoga, painting, running...



Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...



Fill this jar with the things you've enjoyed doing this month.



Go litter picking in your local area.



Things I want to achieve this month...

Stuff I'm a little worried about...

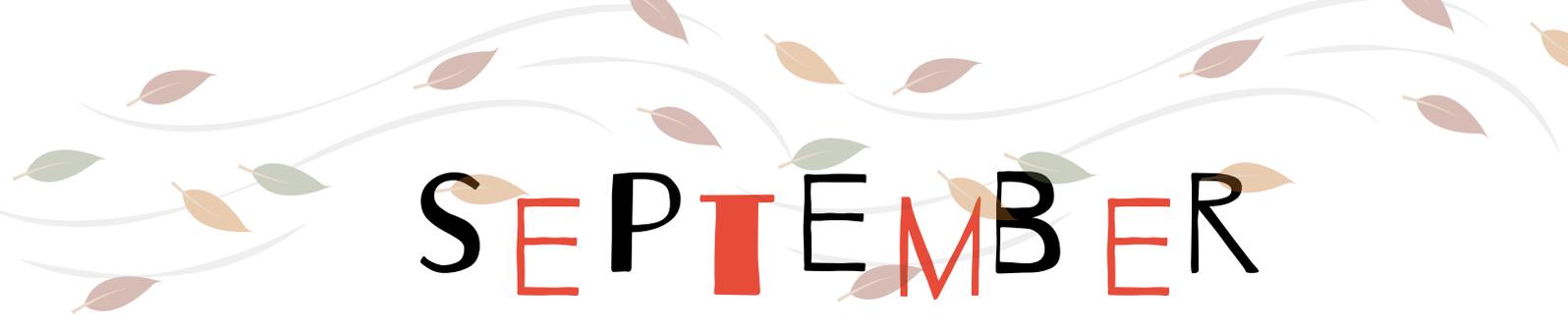
Things I'm looking forward to...



Fill this jar with the things you've enjoyed doing this month.



Tell someone what they mean to you.

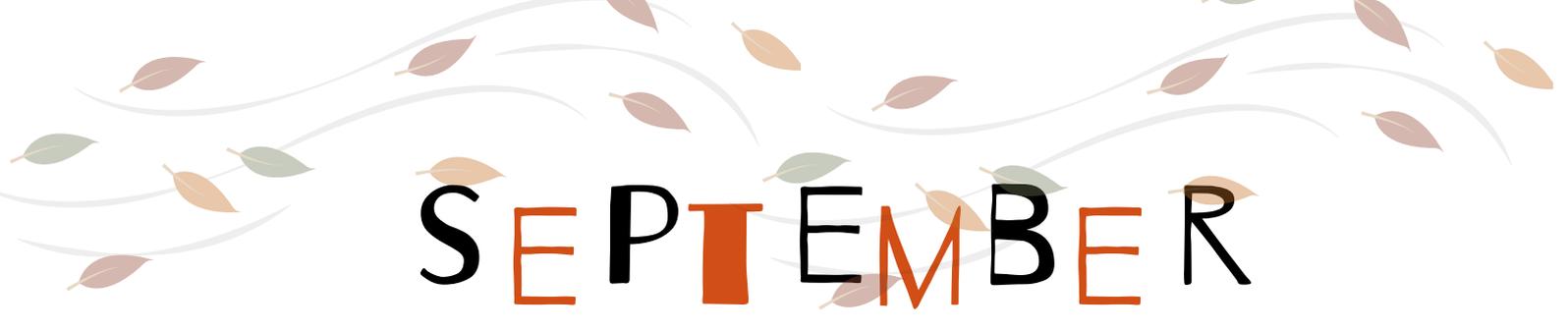


SEPTEMBER

Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...



SEPTEMBER

Fill this jar with the things you've enjoyed doing this month.



This month choose to be kind...help others, speak thoughtfully.



OCTOBER

Things I want to achieve this month...

Stuff I'm a little worried about...

Things I'm looking forward to...



OCTOBER

Fill this jar with the things you've enjoyed doing this month.



Leave your pumpkin out for wildlife.



NOVEMBER

Things I want to achieve this month...

Stuff I'm a little worried about...

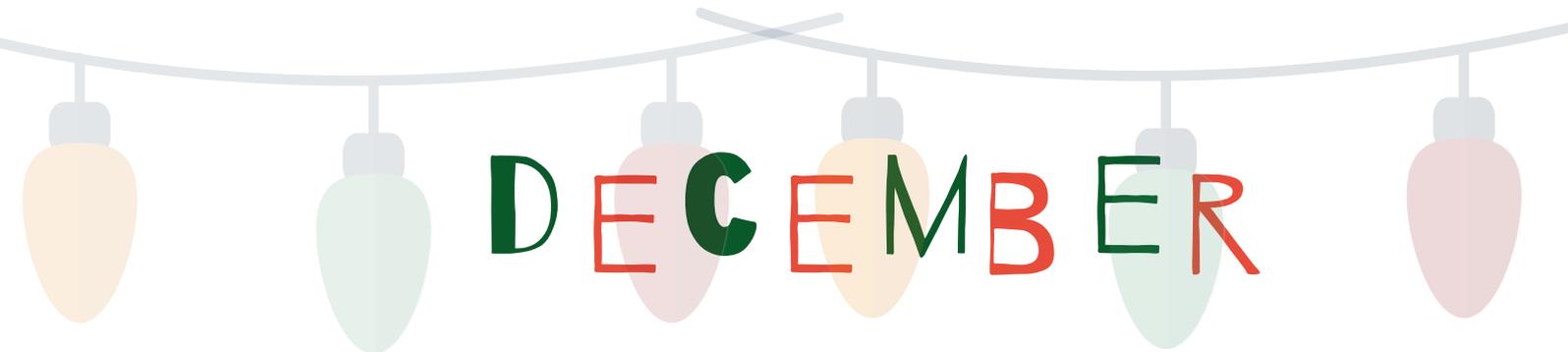
Things I'm looking forward to...

NOVEMBER

Fill this jar with the things you've enjoyed doing this month.



Plant a tree or some bulbs.



DECEMBER

Things I want to achieve this month...

-
-
-

Stuff I'm a little worried about...

Things I'm looking forward to...



DECEMBER

Fill this jar with the things you've enjoyed doing this month.



Make a gift for a loved one.

BOOKS

to

read

