

LOVE LIFE LIVE ADVENT MAKE ROOM FOR THE MANGER

ACTION SUPPORT: HOW TO MAKE A 'THANK YOU' JAR

- Find another jar or other container and decorate it as a 'thank you' jar.
- Print out small photographs of family, friends, favourite places, even favourite foods – any image that makes you smile or makes you feel thankful.
- Use double sided sticky tape to stick them to the jar until the whole surface is covered. Thin paper clippings such as from magazines, will easiest to smooth over any curved surfaces.
- If you want to protect the images from getting scuffed and dirty, use 'magic tape' to cover it.
- Put your jar somewhere where you can see it every day – and leave a pen and some post-it notes next to it.



Starting from now, use your 'thank you' jar as a place to store evidence of things that have been good in your life. When something good happens, jot it down, and put the note in the jar. You could also jot down and put in there things people have said to you that you found encouraging, letters or cards you've received that made you smile, and so on.

When you're having a bad day, and negative feelings are trying to convince you that they're all there is, go to your jar and take out all those reminders of the blessings you have received, the encouragement you've had, and the good things that have been in your life – and say thank you to God.