

Worksheet 4.29 Gratitude Jar Instructions

Many people find it easier to think about the things that did not go well throughout their days rather than the many things that did go well. This tendency to focus on the negative while overlooking the positive is a bias in human thinking referred to as the fundamental negative bias. You are being asked to keep a gratitude jar for the next several weeks in order to manually override the fundamental negative bias.

Here is what you will need to do in order to implement this gratitude jar activity. Find or create a jar or other container that is suitable for holding coins. Label the jar, your “gratitude jar” and put it in a place you will see each day. Every time you find yourself being thankful or grateful for something that happens in your life, put a set amount of money in the jar (1, 5, 10, or 25 cents will do) for each gratitude experience that you have. When the jar is full, take the money to your favorite charity or other cherished organization so that your gratitude can serve to foster gratitude in others.

(If you prefer, you can keep your gratitude jar in conjunction with family members, roommates, or others who reside with you.)