

# MindUp Challenge

Everyday we are surrounded by blessings. They can be either big or small blessings. Before I go to sleep, I like to end my day thinking of three things that occurred during the day that I am grateful for. It could be as simple as enjoying the peace and quiet that surrounds me during a 10-minute break time, while I mindfully sip on my tea.

Miss Shah

This month your challenge is to create a gratitude jar.

Find an empty jar and fill it with coloured strips of paper. On these strips of paper, you need to write one thing that you are grateful for. It would be great to write at least one thing a day and then assess the jar at the end of the month to count all your blessings. When the jar is full, let it sit in a place to be seen- a reminder of all the blessings you have. On a rainy day, you might come back to the jar and pour out its contents and read each of your papers. You could also do this challenge with your family.

