

# NOTE CARDS FOR BEAUTIFUL MOMENTS JAR

## ACTIVITY



*It is important  
to recognize  
the things that  
bring us joy.*

1. Print this page.

2. Write down on  
these notecards  
when something  
good happens to  
you or your  
loved ones.

3. Cut them out,  
and save them  
in a jar.

4. Review them  
as a family each  
month or year  
to reflect on  
the good things  
in life.



*Beautiful Moment*

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