



WEEKLY
Celebration

JUGAR | LIFE

WEEKLY CELEBRATION

INSTRUCTIONS

The weekly celebration is a great activity you can reflect on and journal on once a week as a gratitude check-in activity. You will need a pen and paper or journal if you have one, and allow yourself five to ten minutes to answer the four questions below. This can be an excellent way for a class, workplace or family to start the week as an activity or use it as a positive reflection to finish the week on a high. Either way, the four questions below will help increase people's moods and overall well-being if this is completed weekly.

- Spend one-minute writing or drawing about the best part of the last seven days.
- Write one thing you did for someone as an act of kindness.
- Write down one thing you did in the last seven days to add value to your life.
- What's something in the future that you are looking forward to?