

## Gratitude Notes Kit

by Pour l'air

( download for free at pourlair.com and get yourself, your friends and family noting things they loved in a day. It's how we create happiness. Share with #ilovedyoutoday )

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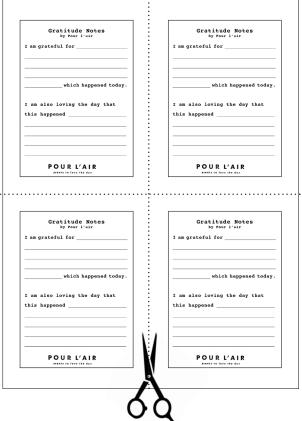
What they are \_\_\_\_\_ Gratitude notes are great to use at dinner parties or on a daily basis. The intent is to get yourself and others to think of something they loved in the day, small or large. Mostly small. It's an easy way to feel happiness.

Use with your guests, your friends, your kids. Keep them in a gratitude jar and pull them out when you need a reminder of things loved. They make great keepsakes.

How to use\_\_\_\_\_ Download the file from pourlair. com and print (size is 8 1/2" x 11"). Cut the notes out, forget perfection and just cut down the middle horizontally and vertically so you end up with 4 notes from each page. Download as many as you like, it's free. Post our sign to encourage guests and let them know when they will be read. We don't have a place for names but you can sign and date the note if you like as that makes the note a great keepsake.

pinner party idea\_\_\_\_\_ place the notes on guest
plates or have a stack by your drinks area. Have a
vessel and pens nearby. You can post our sign to encourage guests to write out their notes. Read after
dinner.

Game idea\_\_\_\_\_\_ fill out the notes but don't sign them. Put them in a vessel. Spin the bottle to see who's turn to pull out a note and read it. Everyone guesses who wrote the note. The writer declares the winner and the guesser gets a point. Play till the notes are gone. Whoever has the most points wins.



Everyday idea\_\_\_\_\_ keep the stack of notes near the fridge or some communal area and ask your friends or family to write a note. Let them know when they will be read, ie Sunday at 6:00 pm or some time that works for you. It's a great get together sharing time for families. Often the notes are funny so it ends up being joyous. It's a great exercize to do on your own as well - a form of journalling and looking for positive moments.

**Keepsake idea**\_\_\_\_ keep the notes in a keepsake box as a reminder of where you were at that point in life. For kids, it's good to see how their thinking evolves. For individuals, it's an easy way to journal. For parents, what a way for your kids to remember you.

Pour l'air is a lifestyle brand about moments to love in a day. Our handpainted art says 'I loved you today' and is a reminder to think of something to love each day. We are making scents to love the day. Candles that are experiences. Download notes at Pourlair.com Share notes with #ilovedyoutoday, tag pourlair\_scents and be entered to win a Pour l'air candle.

## POUR L'AIR

scents to love the day

# Gratitude Notes by Pour l'air I am grateful for \_\_\_\_\_\_ which happened today. I am also loving the day that this happened \_\_\_\_\_ post your note #ilovedyoutoday POUR L'AIR stends to love the day

Gratitude Notes  by Pour l'air
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DOUD HALL
POUR L'AIR

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POUR L'AIR



### Gratitude Notes

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( Instructions. Place this poster in your home or send to your peeps so they know when and where the notes will be read.)

Let's share notes on what we are grateful for. Jot down a thought on something you loved about today. It can be something very small like how good the kitchen smells, how blue the sky is. Sign them if you wish. We will be reading the notes:

( where )

(when)



# Gratitude Notes by Pour l'air (Think of any moment, sight, gesture, that you loved in your day. Post your note #ilovedyoutoday) I loved \_\_\_\_\_\_\_\_today. I also love the day that this happened \_\_\_\_\_\_\_

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Gratitude Notes

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