



Petal & Paper

YOUR FREE PRINTABLE

Anniversary memory jar notes



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F I L L A J A R W I T H M E M O R I E S 

anniversary memory jar

How it works

Print & cut out the notes
Each write favourite memories from the year
Fold & pop them in a jar
Read aloud together on your anniversary!

More prompts

Something we got through together: ____
A moment I fell in love with you all over again:

A goal we achieved: ____
Something I'm grateful for this year: ____

Memory prompts

A moment that made me laugh this year: ____
A time I felt proud of us: ____
My favourite trip / day out: ____
A small everyday moment I loved: ____

Make it a tradition

Do it every anniversary & keep the notes
Read old years' notes too — lovely to look
back
Start the jar from year one or any year
A beautiful, growing record of your life
together