

Joyful Jar



Fill a jar with lots of things that makes your heart happy.
I will be your Joyful Jar and I will bring you joy when you need
it most.

You can put anything you like in me, here are some suggestions:

Positive messages to yourself.

Happy memories.

Things you are grateful for.

Positive quotes.

Things you love.

Compliments to yourself.

Things that make you smile.

Once you have filled me, put me somewhere you can see me
everyday and whenever you need a sprinkle of joy open me up
and read what's inside.

@specklesofsunshine