

# The Happiness Jar

Ahhh ... the new year is here, and with it those pesky resolutions. Why not do something different this year? Instead of making (and then breaking) a long list of resolutions, make a commitment to write down something that made you happy each day, or each week. At the end of 2017 you will have a jar full of good memories to enjoy! Plus you will learn to look for the positive in every situation in your life.

## Instructions

1. Find a jar with a lid. It can be any type of jar, just make sure it is large enough to hold at least 52 slips of paper. If you are going to write something every day, make that 365 slips of paper.
2. Decorate your jar! No rules here – you can leave it plain, make a simple sign with masking tape, put stickers all over it, paint it, glue buttons on it, wrap it in twine – go for it!
3. Find something to write on. You can purchase awesome paper from your local craft store and cut it up into slips. Or, use a pad of sticky notes. Or, just grab the nearest thing you can write on that will fit in the jar!
4. Put the jar somewhere you will see it every day.
5. Write down your positive, gratitude-inspiring, amazing, happy, good thing each day (or each week) and put it in the jar! It's that easy!
6. At the end of 2017, make a time and place to sit and review the things you put in the jar. Prepare to be amazed at all the good that came your way this year!

Here are some examples to get you started!

