

Jar of Sunshine

Write positive statements on slips of paper and put them in a jar - things that you are grateful for, affirmations, quotes, lyrics, or Bible verses. Don't limit yourself. Write down anything that makes you happy. If you're having a bad day and want to brighten it up, take a slip out of the jar and read it. Then take a deep breath and go on with your day.

Another option is to write positive statements on this page and hang it in a spot where you will see it every day. You can even spread some sunshine and make one for a friend.



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