

The Goodness Jar

Create more fun in your life, develop positive relationships and begin to see new possibilities.

Life can be stressful. Many of us feel like there isn't enough time and too much to do. Rushing, worrying, and feeling frazzled are all too commonplace. These feelings and types of negative energy impact our families, our workplaces and our spirits. The good news is that we can learn to make new choices in how we respond. We can create more fun in our lives, develop positive relationships and begin to see new possibilities. Here's a great tool to get started:

Create a Goodness Jar - The idea behind a Goodness Jar is simple. As you notice beautiful moments, write them down and put them in a Goodness Jar. You can find a Goodness Jar anywhere - from a consignment shop, in your home or at the store.

Place the jar in an accessible spot like the kitchen table - include a pen and scrapbook paper close by so you can write down all the beautiful moments that happen during your day.

It will be a wonderful opportunity to read them periodically or celebrate at the end of the year. This can be done for your team at work in the break room, in your classroom, or with your child care children/families. Focus on beautiful moments and then treasure them.

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