

HOW TO USE YOUR MEMORY JAR

1. COLOR IT:

GET CREATIVE AND ADD YOUR PERSONAL TOUCH! COLOR AND DECORATE YOUR MEMORY JAR BEFORE ASSEMBLING.

2. CUT IT OUT:

CAREFULLY CUT ALONG THE SIDES AND BOTTOM OF YOUR MEMORY JAR.

3. FORM YOUR JAR:

GENTLY ROLL OR FOLD YOUR JAR INTO A CYLINDER SHAPE. USE TAPE TO SECURE THE SIDES AND BOTTOM.

(LEAVE THE TOP OPEN — THAT'S WHERE YOUR MEMORIES WILL GO!)

4. WRITE A MEMORY EACH WEEK:

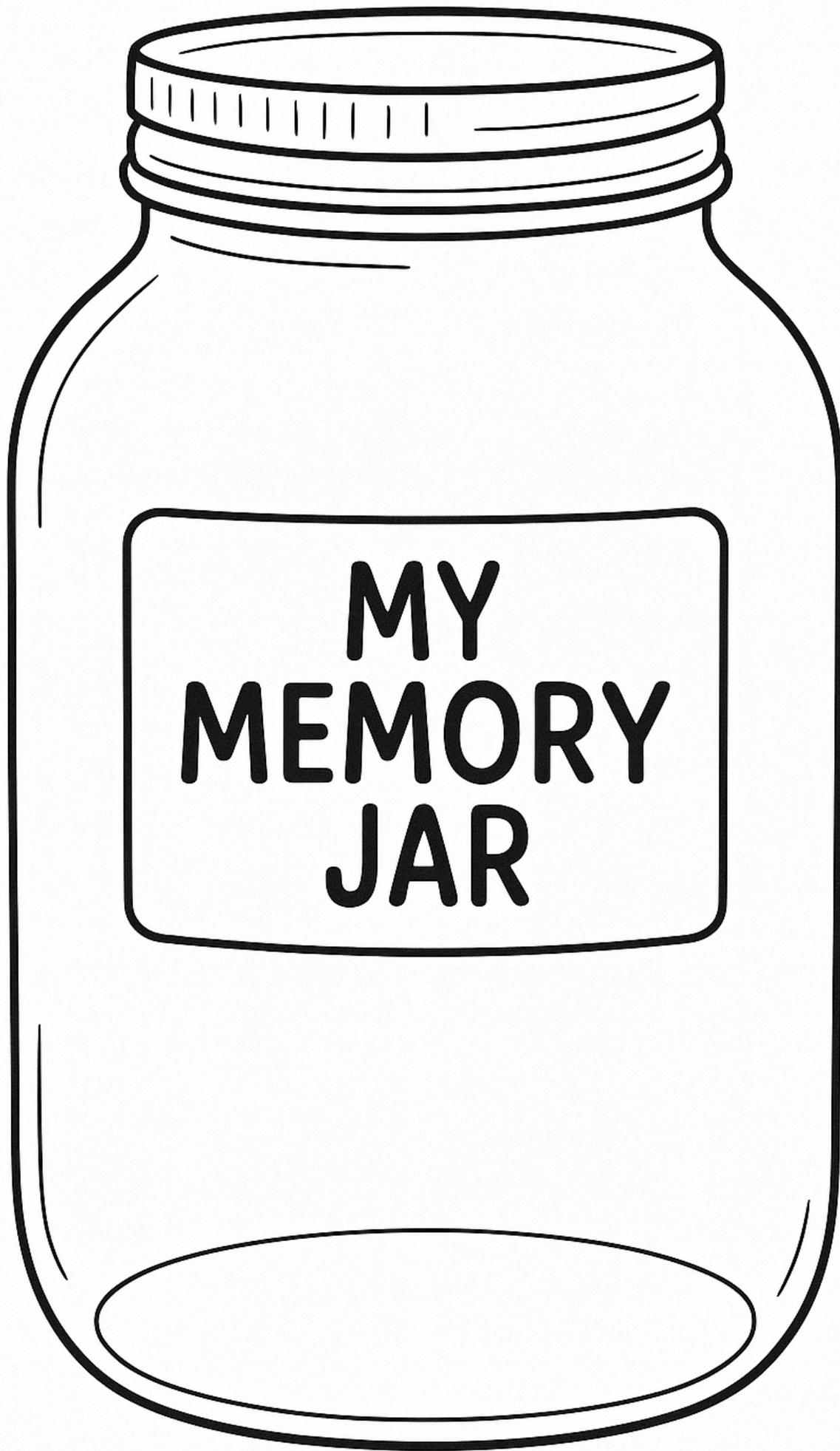
CHOOSE A PAPER SLIP, FILL IT OUT WITH A SPECIAL MOMENT OR THOUGHT, AND FOLD IT UP.

5. DROP IT IN YOUR JAR:

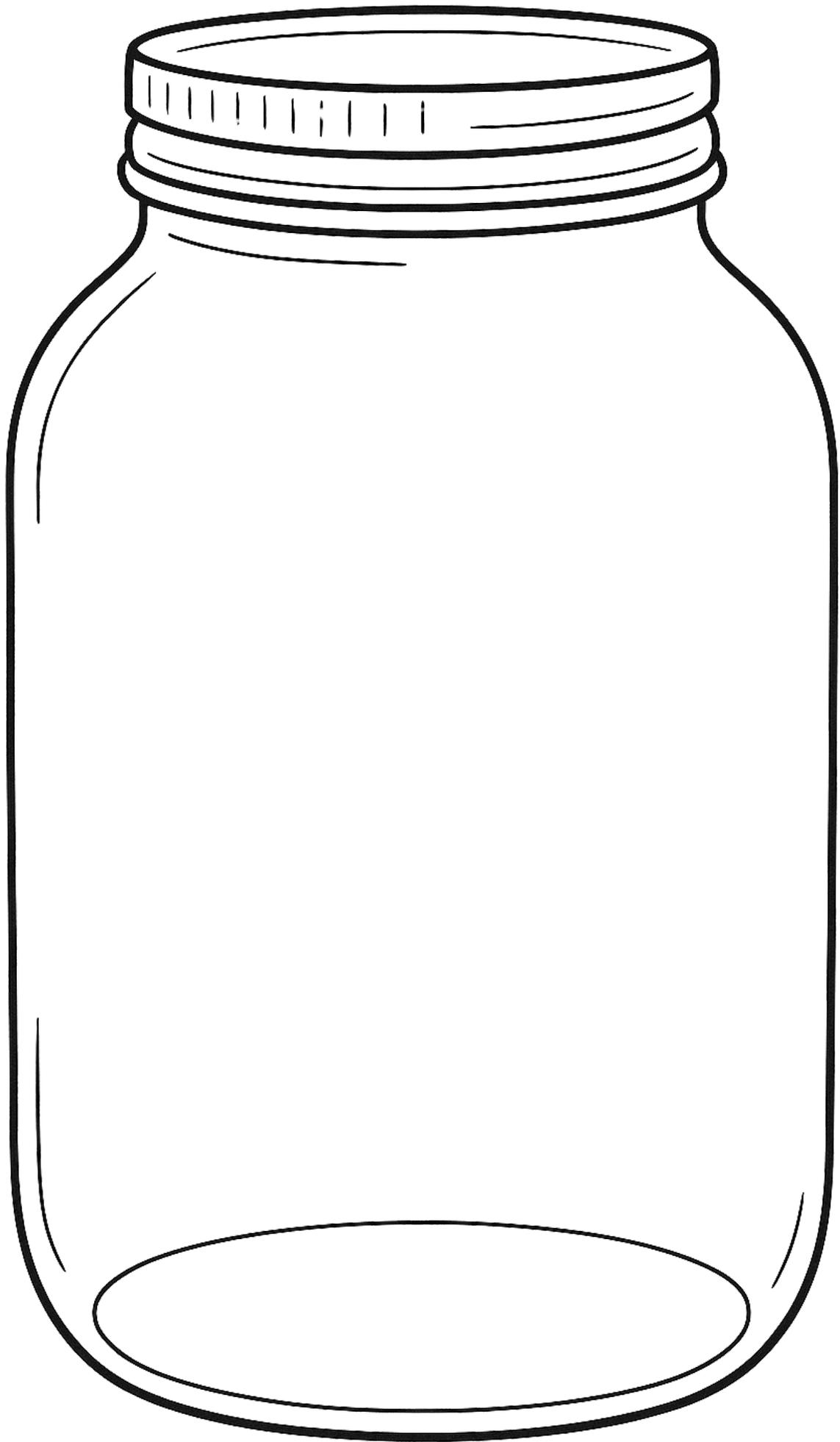
ADD YOUR FOLDED MEMORY TO THE JAR. WATCH IT FILL WITH GOODNESS OVER TIME!

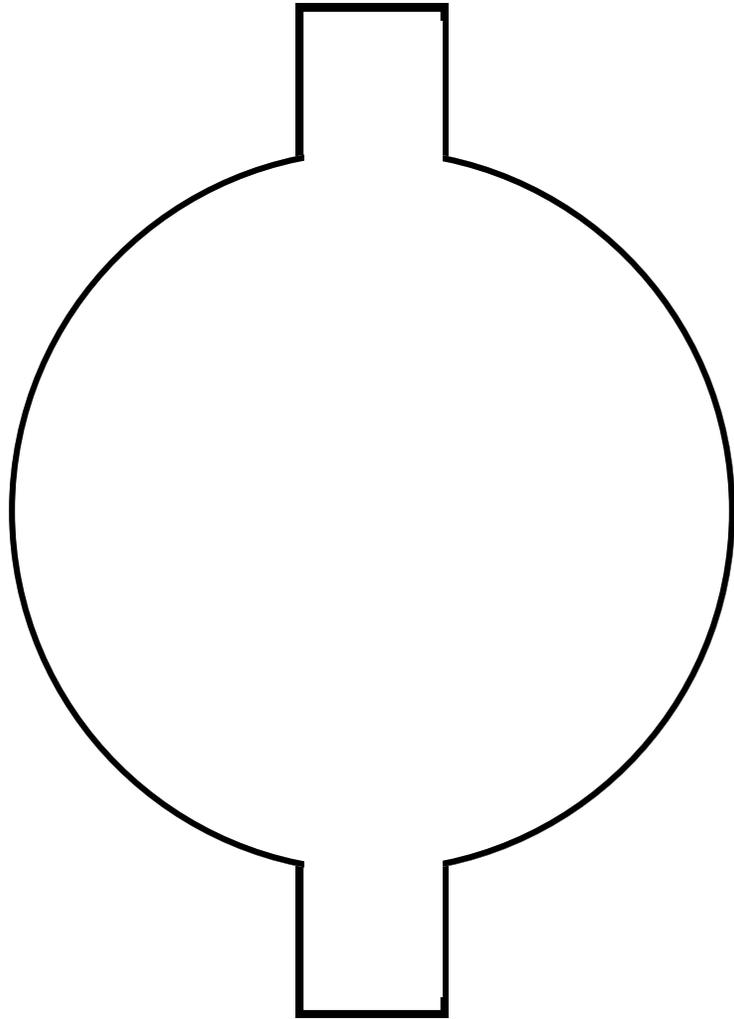
6. REFLECT AT THE END OF THE MONTH:

OPEN YOUR JAR, READ YOUR MEMORIES, AND CELEBRATE THE BEAUTIFUL LITTLE THINGS THAT MADE YOUR DAYS SPECIAL.



**MY
MEMORY
JAR**





TODAY I SMILED BECAUSE...

SOMETHING I WANT TO REMEMBER FOREVER...

A KIND THING SOMEONE DID...

I FELT PROUD OF MYSELF WHEN...

THE BEST PART OF MY DAY WAS...

SOMEONE MADE ME LAUGH WHEN...

I FELT REALLY LOVED WHEN...

A FUN MOMENT I HAD WAS...

SOMETHING NEW I LEARNED TODAY...

A TINY THING THAT MADE A BIG DIFFERENCE...

