

# ***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:***

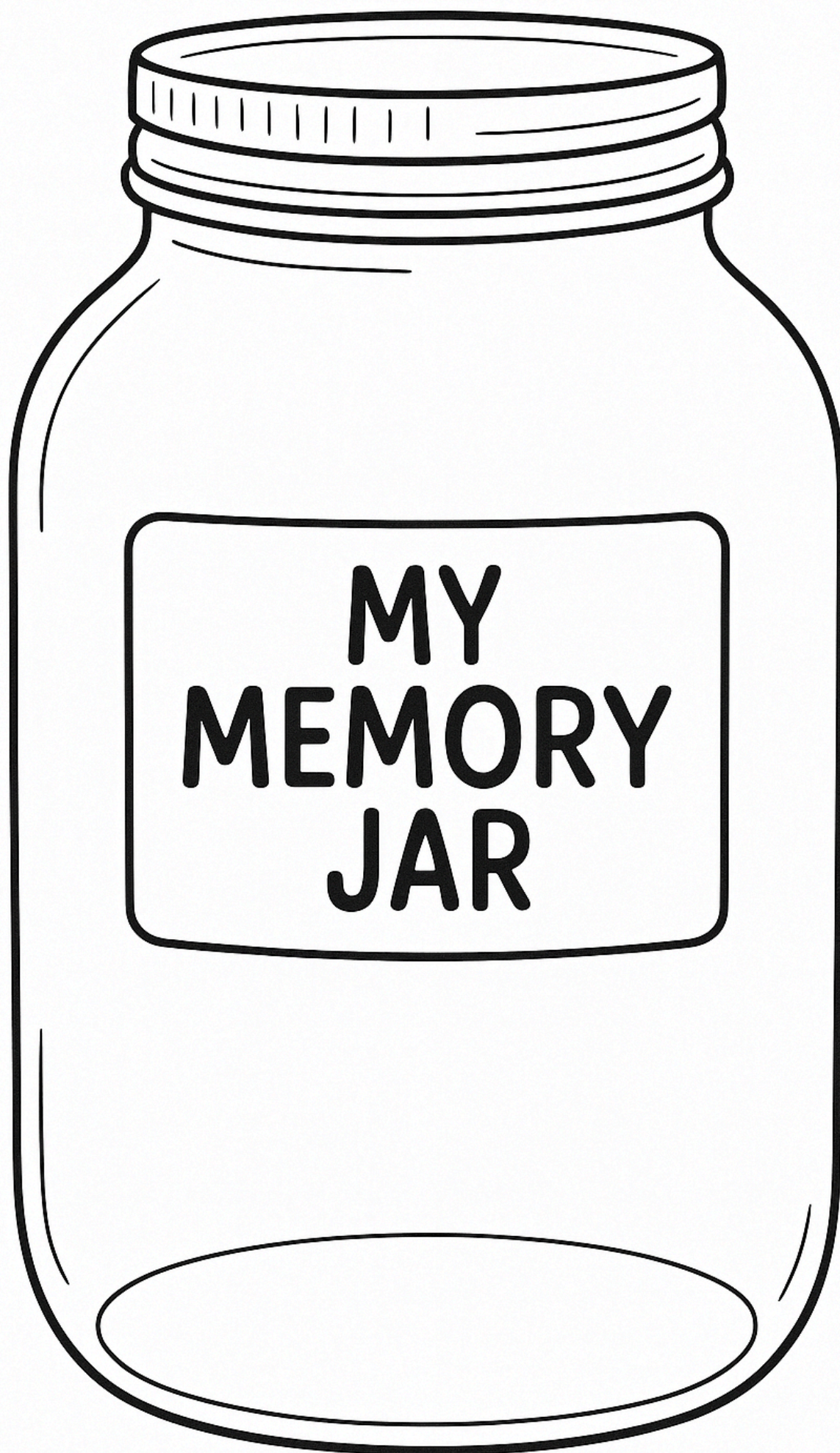
***CHOOSE A PAPER SLIP, FILL IT OUT WITH A SPECIAL MOMENT OR THOUGHT, AND FOLD IT UP.***

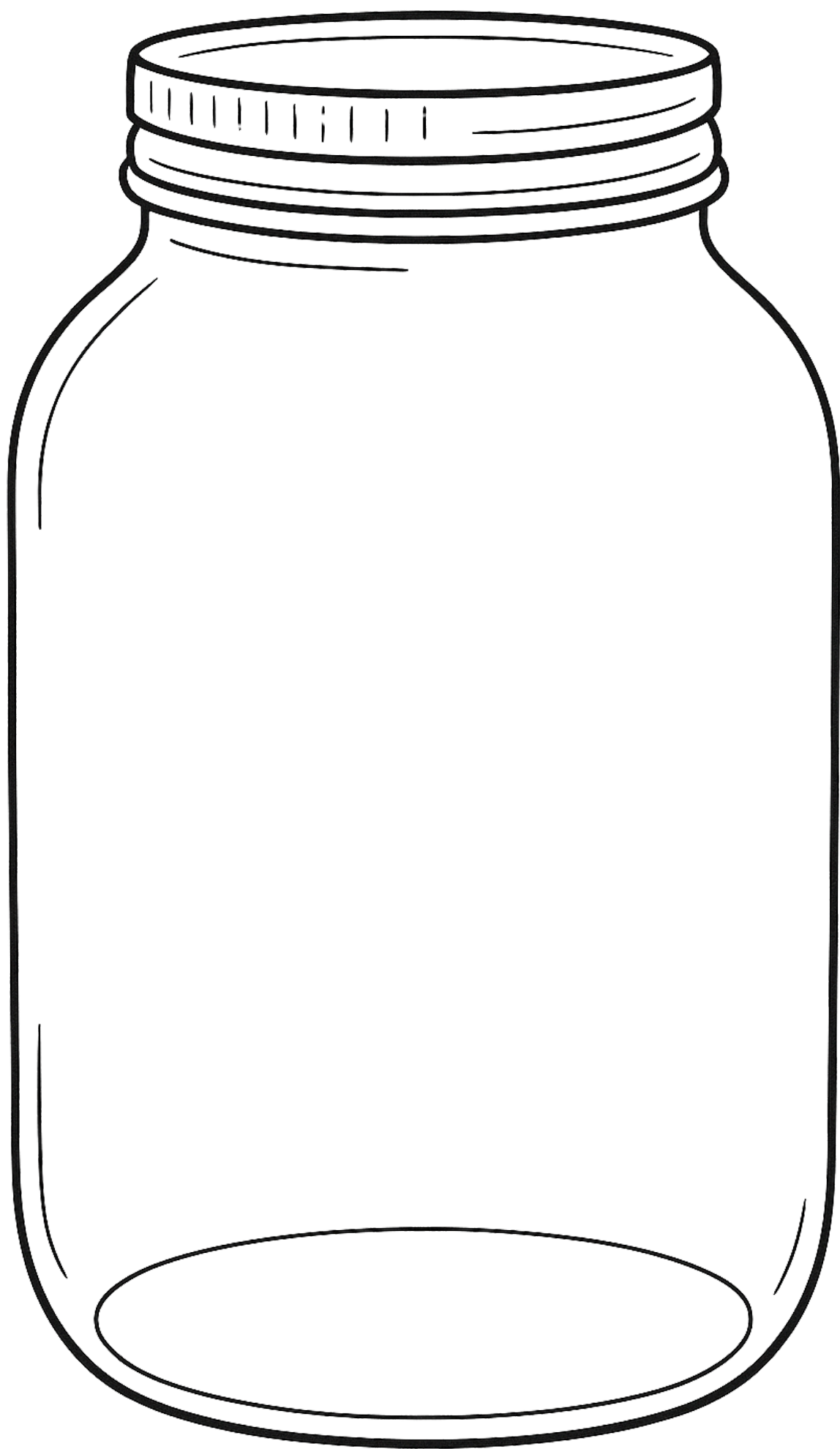
## ***5. DROP IT IN YOUR JAR:***

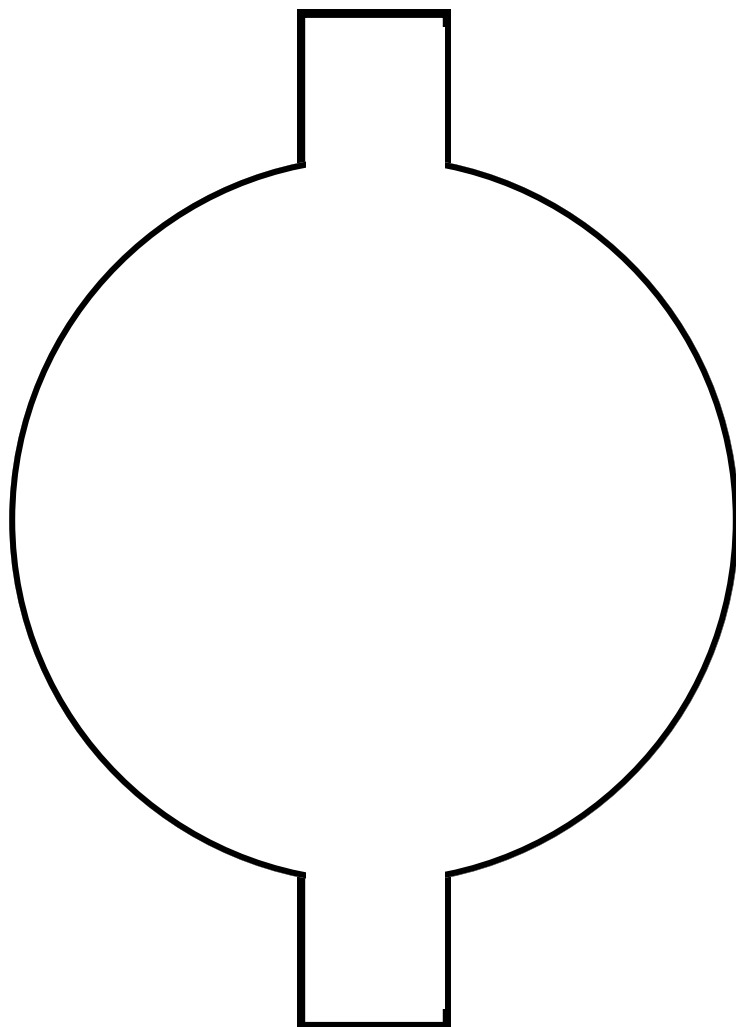
***ADD YOUR FOLDED MEMORY TO THE JAR. WATCH IT FILL WITH GOODNESS OVER TIME!***

## ***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.***







*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...*

