**Perfectionism Detox Workbook: 9 Practical Strategies to Overcome Stress, Conquer Anxiety, and Reclaim Your Time for What Truly Matters**

*Chapter 2: Understanding Your Perfectionism*

**The Kindness Jar Activity Worksheet**

**Title: Build Your Kindness Jar**

**Description:**

The Kindness Jar Activity is a simple and creative way to celebrate your acts of self-compassion. Each day, you’ll write down one kind thing you’ve done for yourself and place it in the jar. Over time, you’ll build a collection of self-care moments that remind you of your growth and encourage you to keep prioritizing your well-being.

**Step-by-Step Instructions**

1. **Prepare Your Jar:**
	* Find a clear jar or container with a lid.
	* Print and attach the **Kindness Jar Label** included in this worksheet to personalize your jar.
2. **Gather Supplies:**
	* Slips of paper or sticky notes (you can use different colors for added fun).
	* A pen or marker.
3. **Start Writing:**
	* Each day, reflect on one kind thing you did for yourself. Write it on a slip of paper.
	* Examples:
		+ "Took a 10-minute break to breathe and relax."
		+ "Gave myself permission to say no to something overwhelming."
		+ "Enjoyed my favorite cup of tea without rushing."
4. **Fill the Jar:**
	* Fold your paper and place it in the jar. Repeat daily!
5. **Celebrate at the End of the Month:**
	* At the end of the month, open your jar and read through your acts of kindness. Reflect on how these small moments have made a difference in your life.

**Reflection Questions**

After reviewing your Kindness Jar at the end of the month, take a moment to reflect:

* What patterns do you notice in the kind actions you’ve taken?
* How did these acts of kindness impact your mood or mindset?
* What self-compassion habits do you want to continue building next month?

**Kindness Jar Label (Print and Attach)**

**Kindness Jar**
*“A daily reminder that small acts of self-care lead to big changes.”*

**Tips for Success:**

* **Make It Visible:** Keep your jar somewhere noticeable, like your desk or nightstand, as a visual reminder to practice self-kindness.
* **Get Creative:** Decorate your jar with ribbons, stickers, or designs that make it uniquely yours.
* **Involve Others:** Invite a friend or family member to create their own Kindness Jar and share your reflections at the end of the month.

**Encouragement:**

By the end of the month, your Kindness Jar will not only be full of affirmations but also a powerful symbol of your commitment to self-compassion. Let it serve as a source of motivation and positivity for the months ahead.