

OK Project Idea

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1st Step: get all materials

- clear mason jar
- paint brushes and any sort of paint



2nd Step

Paint and decorate the jar to your liking!
Customize your idea of something that will put a smile on your face every day.

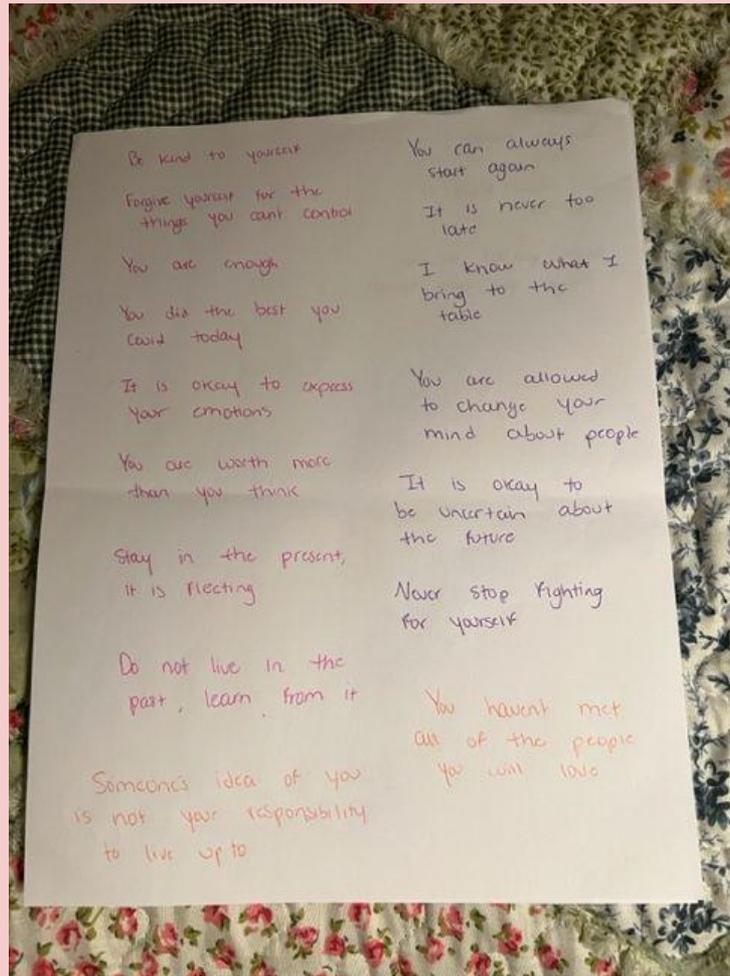
Initial Painting



Final Painting

3rd Step

Write down on any paper, positive things about yourself that you're either thankful for, appreciate or admire!



4th step

Put them all in the jar,
and pick one out
every day, in order to
lift your spirits and
stay kind to yourself :)

