

# 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

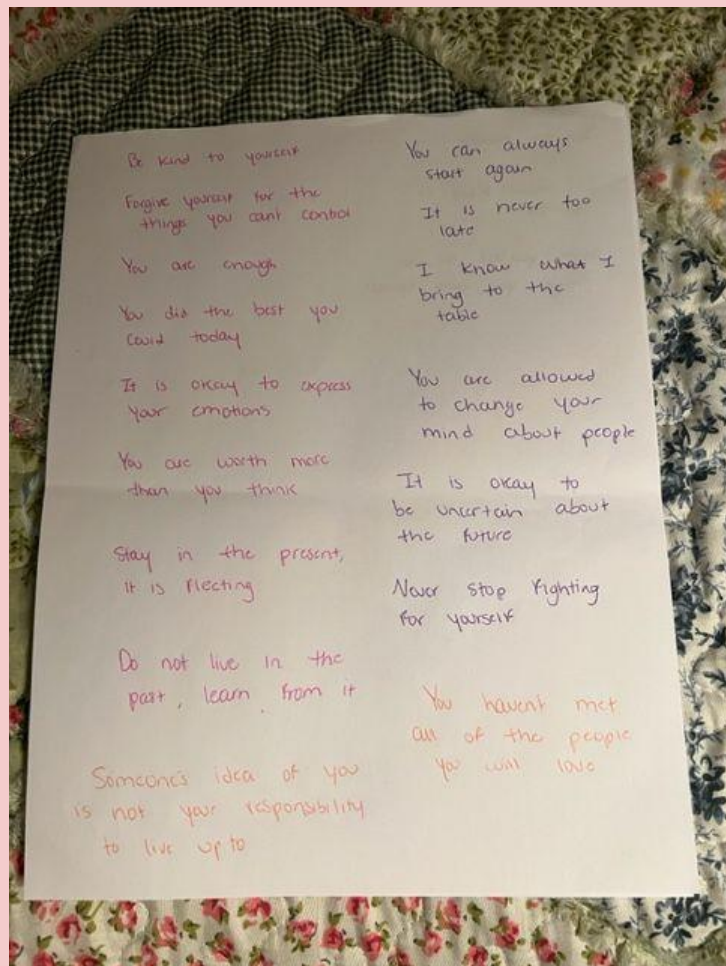


Final Painting



## 3rd Step

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



Cut the affirmations out and place them in the jar :)





## 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 :)

