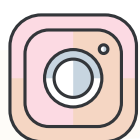


MINDFULL ME JARS



- Wash a **recycled**, empty jar until sparkly clean. (make sure your hand can fit into the jar)
- Decorate the jar with your favourite materials to make it truly yours!
- Using post-it notes or small pieces of paper, write down as many positive things about yourself as possible.
- fill up your jar with positive notes and give it a big shake!
- Pick out a positive 'me' note every morning before starting your day.



@PESSN

