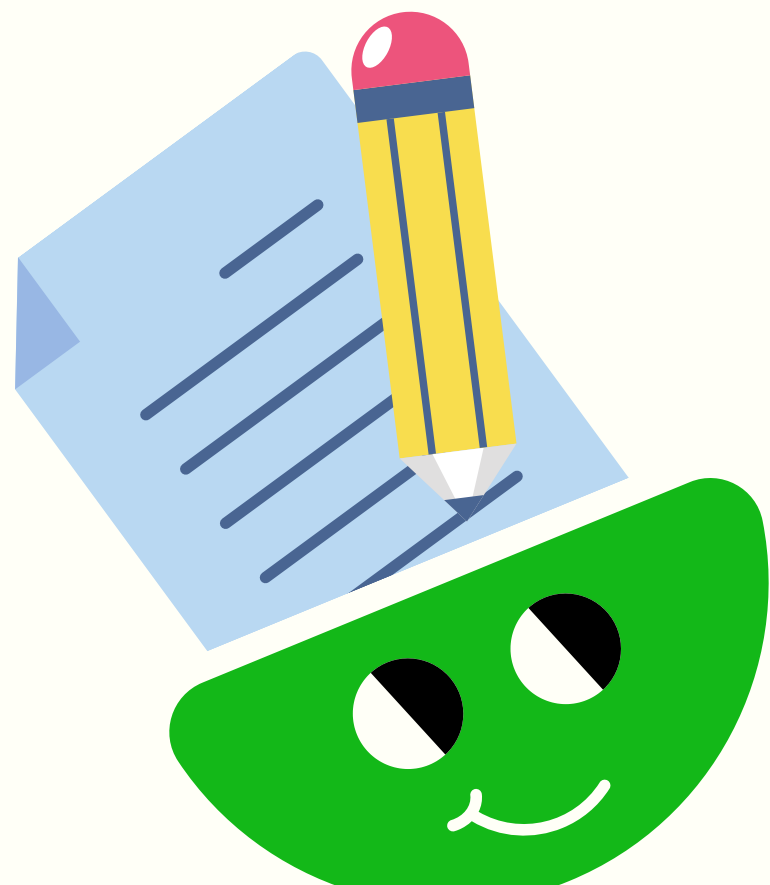




THE GRATITUDE JAR



GET HAPPY

IN TWO MINUTES A DAY YOU CAN IMPROVE YOUR MOOD AND HOW YOU SEE YOURSELF AS A PARENT

— Find 3 things a day that make you Happy and write them down individually.

— Place them in a jar in a high traffic spot in your home so you are constantly reminded of it.

— Once a month, or when you need a boost open up the jar and read the positive moments and thoughts you accumulated.

— Your brain's Reticular Activating System makes this work.

— Give it a try! Write down 2 things that made you happy today and kick off your "jar".

