

The 'You Are' Jar of Positive Affirmations



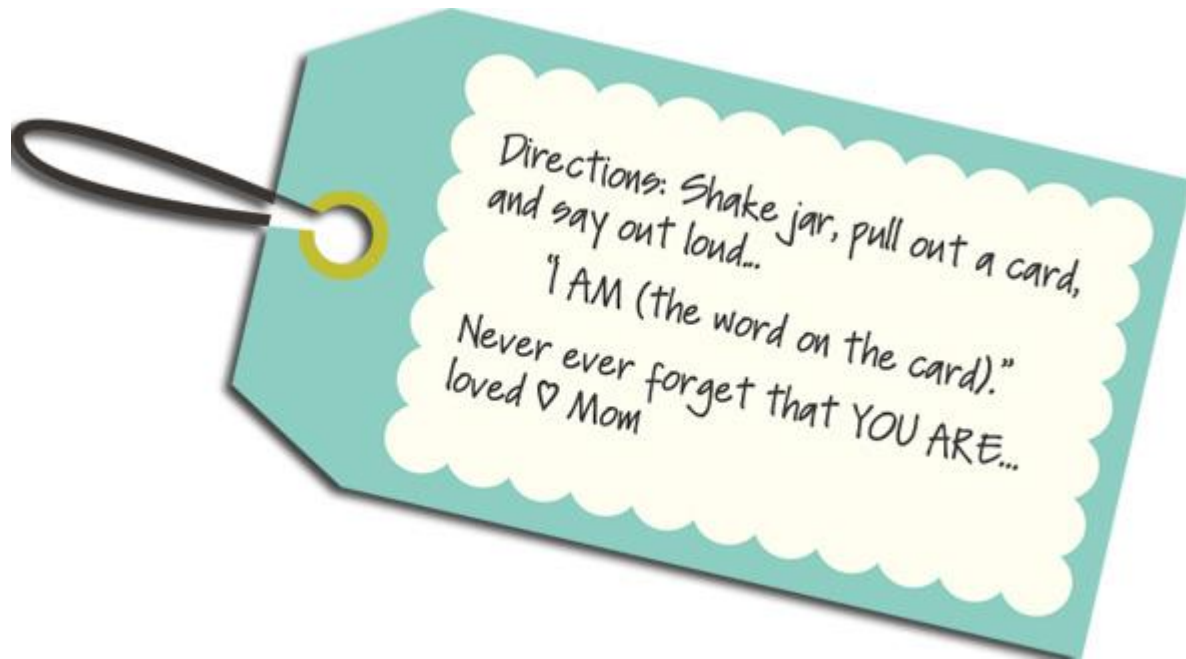
I am not a huggy-touchy kind of person but it doesn't mean that I don't feel affection for my children, friends and family. On the contrary, the depth of my love is monumental so I find ways to show it through my actions and creativity. Words alone are not enough so I'm always looking for ways to boost someone's spirits and brighten their days in unexpected ways.

I thought of the concept of a **YOU ARE Jar of Positive Affirmations** as a part of my 'love plan' for reminding my friends and family that they are valued and adored. It's a fast and easy DIY project you can do for your children, friends and family.

Super Easy DIY:



1. Find a jar with a lid—something wide enough for fingers to reach inside.
2. Optional: Decorate the lids with a photo, ribbon, old cards, or a collage. Use pretty bits you already have on hand.
3. Add a label with the text: 'YOU ARE...' on the jar. Use your own label or [download the pdf and print my labels](#).
4. Put in a bunch of positive adjectives inside the jar. You can print them on decorative scrapbook papers, hand write them on blank 3 x 5 cards, cut strips out of wrapping paper, or download and use the pdf template I created. (There is [one with words](#) and one for [adding your own words](#)).



The Message Tag

Attach a message tag with a personal note and expression of love along with the directions. Here are a few examples:

Directions: Shake jar, pull out a card, and say out loud..."I AM (the word on the card)." Never ever forget that YOU ARE...loved. XO Mom

OR

Once a day, please reach into the jar, pull out a card, and say out loud, "I AM (the word on the card)." You are truly one of my dearest friends and I want you to be reminded how special YOU ARE...

This is a great project for your kids too! Coming up with the descriptive words for the cards is an excellent learning opportunity about adjectives...decorating the jars, an art project...and the giving of a YOU ARE jar, an expression of gratitude and love for another.