

## Positivity jar

The human brain is naturally programmed to focus on the negative aspects of life before recognising the positives. However, it is possible to retrain your brain to form healthier thought processes. By creating a positivity jar, you can actively look for and celebrate all those positive things that happen every day. All you need is an empty jar, the cutout below, scrap pieces of paper, and openness to see the positives.

### Celebrate the small things!

Cut out and stick the label onto your jar (or container) and place it in a visible area of your home or place of work. Every day for the next 21 days, write down anything positive that happens: anything you do, hear, see, or experience, and put it into your positivity jar. We recommend 21 days because research shows it takes this long to form a new habit. It might feel hard at first, especially if you're trying to find BIG things to celebrate. However, the things you write down don't need to be big at all, we're focusing on those small, positive sparks which happen on a daily basis but often get overlooked. To give you an idea, things you might include are:

- A thank you from a customer
- Knowledge you've gained at work
- Time out you've taken to self-care
- A great meal you ate
- Time spent catching up with a friend
- A step towards a personal goal
- Something funny someone said
- A small act of kindness
- An inspirational quote you saw

### Spread the positivity!

You could include your colleagues or household and encourage them to share and jot down positivity from their day too. A positivity jar is a great way to motivate and encourage positive thinking for you, your team or relatives. Be sure to take the time to regularly read through and celebrate those everyday positives.

## Positivity jar

capturing all the good things that happen in life

#ACTNOW

