



PRINTABLE Positivity Jar NOTES



Uplifting Quotes • Affirmations • Kindness Reminders
Gratitude Prompts • Self-Care Notes

SIMPLY PRINT, CUT & FILL YOUR JAR WITH POSITIVITY! ♥

<p>You are enough exactly as you are.</p>	<p>Small steps every day lead to big change.</p>	<p>Every day is a fresh start.</p>	<p>Choose kindness for yourself and others.</p>	<p>You are capable of amazing things.</p>	<p>Take a deep breath and try again.</p>
<p>Good things are already on their way.</p>	<p>Progress, not perfection.</p>	<p>You grow through what you go through.</p>	<p>It's okay to have slow days.</p>	<p>Your feelings are valid and important.</p>	<p>Gratitude turns what we have into enough.</p>
<p>Believe in yourself a little more each day.</p>	<p>You are stronger than you think.</p>	<p>Be proud of how far you've come.</p>	<p>Focus on the good one day at a time.</p>	<p>You deserve rest, joy and beautiful moments.</p>	<p>Shine bright, beautiful soul.</p>
<p>Let go of what you can't control.</p>	<p>You are never alone, keep going.</p>	<p>Do small things with great love.</p>	<p>Today is full of possibilities.</p>	<p>Keep going, your future self is proud of you.</p>	<p>Happiness looks good on you.</p>

24 PRINTABLE NOTES

HOW TO USE

1. Download & print on A4 or US Letter size.
 2. Cut along the dotted lines.
 3. Fold the notes and fill your jar.
 4. Pick one note whenever you need a boost of positivity!
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PERFECT FOR KIDS, MOMS, FAMILIES & TOUGH DAYS