

# POSITIVITY JAR



Together we get  
more!

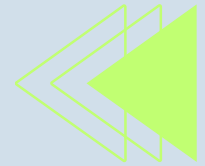


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# Positivity Jar Ideas



*Having a jar of positivity is a wonderful idea! Here are suggestions on a variety of ways to use it:*

**Daily Dose of Positivity:** Create a jar of positive notes, motivational quotes, inspirational quotes, affirmations, or uplifting messages. Every day, set aside a few moments to open the jar and read one or more positive notes from it. Let the positivity soak in and start your day with a smile.

- **Start the Day Together:** Begin each morning as a branch group activity, where everyone selects a positive quote from the jar to set a positive tone for the day.
- **Personalized Employee Jars:** Create individual jars for each employee to use, allowing them to choose a positive quote or affirmation whenever needed.
- **Customers/Members' Jar:** Provide a jar for customers/members to use, inviting them to select a positive quote or share something they are grateful for, fostering positivity and community.

**Gratitude Jar:** Use the jar as a gratitude jar. Whenever something positive or grateful happens in your life, write it down on a small piece of paper and place it in the jar. Over time, the jar will fill up with moments of joy and appreciation. Whenever you need a pick-me-up, read through the notes to remind yourself of the good things in life.

**Random Acts of Kindness:** Create a jar similar to the Positivity Jar and call it a Random Acts of Kindness Jar. Place a jar filled with random acts of kindness ideas in a common area and encourage individuals to take a slip whenever they want to perform a kind gesture, fostering a culture of compassion and generosity. This will allow you to brighten someone else's day with a kind gesture, compliment, or thoughtful action.

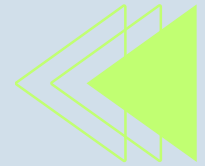
**Sharing Positivity:** Share the positivity with friends, family, or colleagues. You can use the jar as a source of inspiration for greeting cards, letters, or small gifts. Send positive messages to others to uplift their spirits and let them know you're thinking of them.

**Personal Reflection:** Use the jar for personal reflection and growth. Whenever you face challenges or difficult times, draw a positive note from the jar and reflect on its message. Allow the positive words to inspire you and help you navigate through tough moments.

*Remember, the jar of positivity is a versatile tool that you can adapt to suit your needs and preferences. The key is to harness the power of positivity and spread it throughout your life and the lives of others.*



# Positivity Quotes...



"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." - Christian D. Larson

"You are never too old to set another goal or to dream a new dream."  
- C.S. Lewis

"In the middle of every difficulty lies opportunity." - Albert Einstein

"The only way to do great work is to love what you do." - Steve Jobs

"Every day may not be good, but there is something good in every day."  
- Alice Morse Earle

"The future belongs to those who believe in the beauty of their dreams."  
- Eleanor Roosevelt

"You are capable of more than you know. Choose a goal that seems right for you and strive to be the best, however hard the path. Aim high. Behave honorably. Prepare to be alone at times, and to endure failure. Persist! The world needs all you can give." - E.O. Wilson

"The only limit to our realization of tomorrow will be our doubts of today."  
- Franklin D. Roosevelt

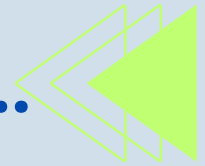
"The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela

"You have within you right now, everything you need to deal with whatever the world can throw at you." - Brian Tracy

"Happiness can be found even in the darkest of times if one only remembers to turn on the light." - Albus Dumbledore



# Positivity Quotes Continued...



"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." - Albert Schweitzer

"The only way to do great work is to love what you do." - Steve Jobs

"Every day is a new beginning. Take a deep breath and start again."

"You are capable of amazing things."

"Positive thoughts lead to positive outcomes."

"The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our own light." – Sara Ajna

"Your attitude determines your direction."

"You are stronger than you think."

"Embrace the journey, trust the process, and believe in yourself."

*Feel free to select the quotes that resonate with you the most and create a positive and uplifting atmosphere with your positivity jar!*

