



# JOURNALING JAR

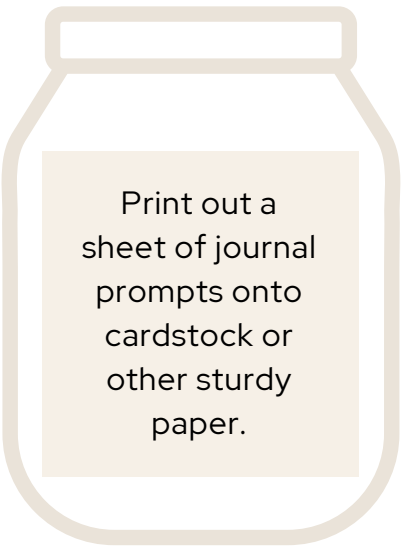
A journaling jar is a container, usually a jar or a box, filled with small pieces of paper on which journal prompts are written. Journal prompts are questions or statements meant to inspire reflection and self-discovery. They can be used to explore personal thoughts, feelings, and experiences and to gain insight into one's own thoughts and behaviors.

Journaling is a powerful tool for personal growth and self-improvement because it allows us to process our thoughts, emotions, and experiences and understand ourselves better.


By writing down our thoughts and feelings, we can identify patterns, gain clarity and perspective, and make sense of our experiences. It also allows us to reflect on our emotions and thoughts and explore different aspects of our lives and personalities.

Furthermore, journaling can also be a great way to set goals, track progress, and measure our achievements over time. Additionally, it can help reduce stress and anxiety, increase self-awareness, and improve mental and emotional well-being. A journaling jar makes it easy to pick a prompt and reflect on it. It can be a daily habit that can lead to self-discovery and personal growth.


## Instructions for creating your affirmation jar:



Print out a sheet of journal prompts onto cardstock or other sturdy paper.



Cut out each prompt.



Place the prompts in a jar.