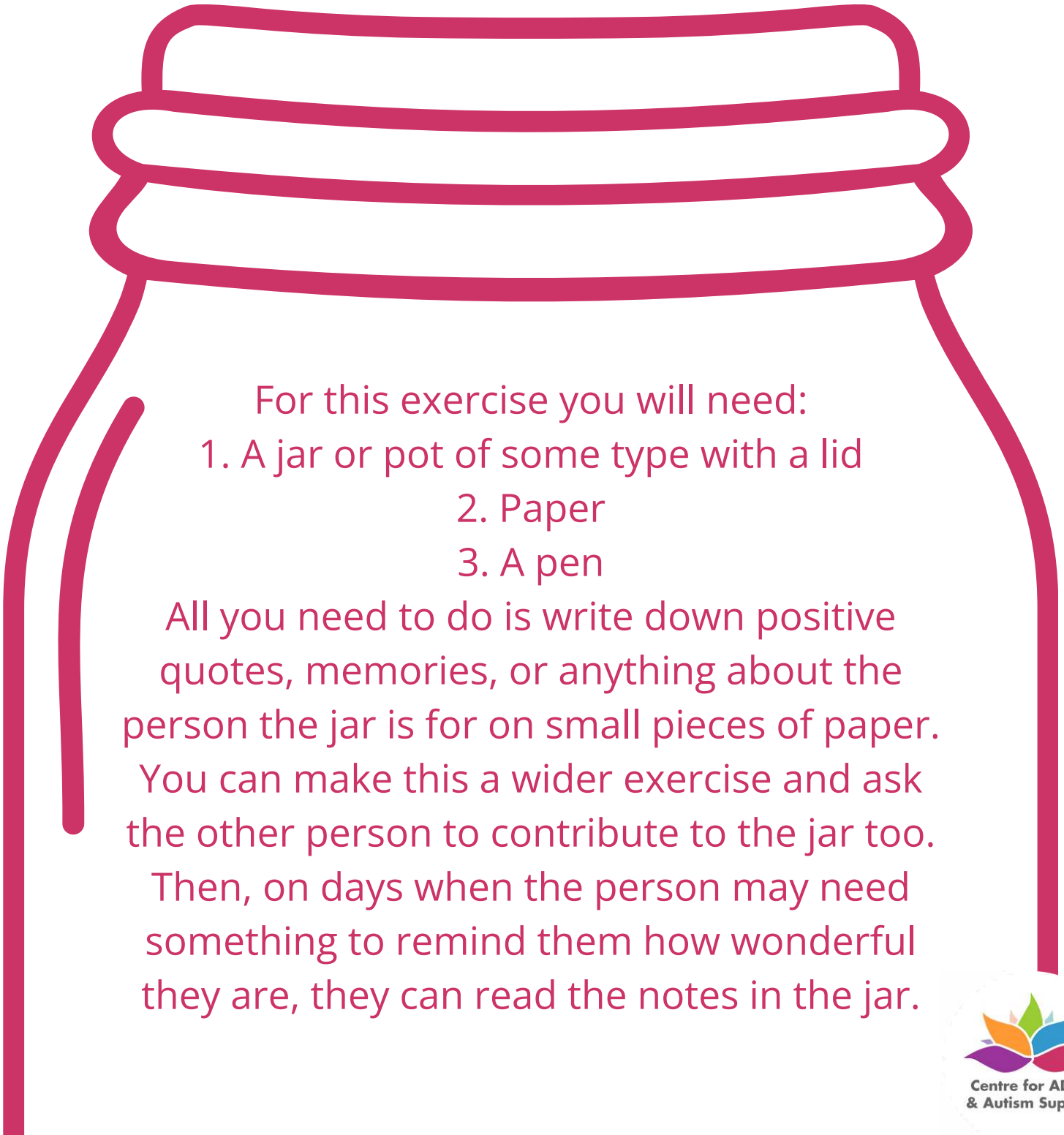
Affirmation Jars

When was the last time someone said something nice to you? How did that make you feel? We sometimes need to hear we are doing well, that people care and positive messages go along way to our own wellbeing and self-esteem.



For this exercise you will need:

1. A jar or pot of some type with a lid
2. Paper
3. A pen

All you need to do is write down positive quotes, memories, or anything about the person the jar is for on small pieces of paper. You can make this a wider exercise and ask the other person to contribute to the jar too. Then, on days when the person may need something to remind them how wonderful they are, they can read the notes in the jar.

Centre for ADHD & Autism Support