



CONGRATULATIONS!

You are now the proud owner of a Happiness Jar!
Care for it, feed it regularly, and I promise you that
one year from now you will be able to look back
on piles and piles of happiness!

DAILY CARE AND FEEDING INSTRUCTIONS

1. Place your Happiness Jar on your kitchen counter,
or in another very visible location in your home:
It should be someplace where you'll see it every day
and where it is very easy to reach.
2. Throughout the coming year, every time — ANYtime! —
something — ANYthing! — happens in your day
that makes you happy or brings you joy,
honor it by placing a memento of it in the jar.
*...mementos can be a physical object like a
ticket stub, a playbill, a photo, a printout of an
email, a thank you card, a cork, a matchbook,
a bar coaster, a ribbon, a button, even a leaf -
or simply just a note that you write to yourself about
a happy event. ANYthing that you want to use that
commemorates your happiness can go in the jar!*
3. On New Year's Day, open your jar, pour out the contents,
and review each item. Right there in your hands will be
concrete reminders of all the happy feelings you were part of,
or that someone gave to you, or that you made happen for
someone else! When you're done, it's up to you what to do
with the past year's happiness - whether you want to store it in
a box or let it go - but leave the jar empty to be ready to start
collecting a new year's worth of happiness!

Over the course of a busy year, it's easy to overlook all the
happiness that we feel and give to others. Your Happiness Jar
is here to help you see — every day — a physical manifestation
of all of the good that is filling your life!

I wish you a year filled with #HappinessAndJoy!



Lisa M. Dietlin