

THE JAR OF

AWESOME

Celebrate the small wins!



How to create “The Jar of Awesome”

1

Find an empty jar. Print the writing prompts and label, or make your own! Tape or tie the label to your jar.

2

Keep the jar where you will see it often (e.g., dinner table, your desk, etc.)

3

Each day, write about the small wins and happy moments from your day on a small piece of paper (you can use the provided writing prompts). Place the paper in the jar.

Whenever you need a little motivation or positivity boost, pick a piece of paper from the jar, read it, and celebrate YOUR awesome moments!

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What are you proud of today?



What was the happiest part of your day?



Write about something exciting that happened today.



What did you practice today?



What problem did you solve today?



The funniest moment of today was...



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Cut out the label and attach it to your jar.



7

POWERFUL WAYS TO RESPOND WHEN YOUR CHILD COMPLAINS

by Big Life Journal

1

DEFINE IT

- Discuss the “nice voice” or “**strong voice**” inside everyone. How does that voice sound? Practice asking for things with a strong voice.



2

LISTEN AND VALIDATE

- Make eye contact, do not interrupt, and accept without judging.
- Use the “**I hear you...AND**” method: *“I hear that’s not what you wanted...AND we have no control over the weather.”*



3

GIVE A CHOICE

- When your kids start to complain, clarify **what they want to happen** as a result. Say, *“It sounds like you’re frustrated right now. Do you need to vent or do you want to make a plan?”*
- Encourage them to switch from complaining to **problem-solving** mode. Say, *“Let’s think about what we can do to fix this situation.”*



4

REPHRASE AND REFRAME

- Rephrase complaints as a “**want**” or a “**wish**.” Say: *“You want a different toy”* (The message: you’re a child who knows her likes and dislikes).



5

SET LIMITS

- Give a **time limit** for complaining. Say, *“You can say one more negative thing, but then say 5 positive things that happened today.”*
- Set aside a **daily “complaint time”**.



6

RESPOND PLAYFULLY

- Once kids know about their “strong voice” and how to use it, playfully offer to find it when it disappears.
- Say, *“Hey, where did your strong voice go? It was here a minute ago...Help me look. HEY! You found it! Now let me hear you use it!”*



7

FIND THE GOOD

- Empathize and then help **notice** the positive.
- Empower with questions: What can you learn from this? How would you like things to be? How can you take it there?

