Making a “GoodThings Jar” is a great way to identify positive things that happen in your life.

**Step 1:**
Find a jar. Big or little, it’s completely up to you!

**Step 2:**
When something makes you happy or you do something awesome, write it down and put it in the jar.

**Step 3:**
Fill that jar up! You will be able to see how amazing things happen in your life. Check your jar when you need a pick me up.