

Self-Celebration Jar Worksheet

This worksheet helps you celebrate your daily achievements. Reflect on your small wins and keep track of them.

Examples:

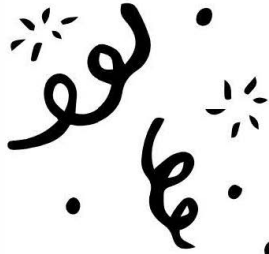
Example Achievements:

- I helped a friend with their homework.
- I completed a task on time.
- I learned a new skill.

Instructions:

Write down three things you are proud of today, no matter how small. Use the celebration jar on the next page or create an actual celebration jar to keep in your home.

Your Turn:



SELF-CELEBRATION JAR

A large, empty jar with a wide mouth and a slightly tapered body. Inside the jar, there are ten horizontal dashed lines for writing. The jar has a simple lid with a small handle.