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Many of you have probably heard of the idea of telling yourself daily positive affirmations, but does it really work? The short answer is YES. And there's actually [science and theory](#) [1] around this practice and the benefits that come from it.

So how do you get started? One of the easiest ways to get started with this practice is to create an *Affirmations Jar*, or a *Jar of Positivity* as our Assist. Director of Programs calls her.

1. Find an empty jar or glass to use for your Affirmations Jar
2. Find some scrap paper you can use to write your affirmations on. Pro tip: make them colorful or get creative with what you write on to make your jar more enjoyable.
3. Look on our Pinterest board or come up with your own affirmations and write one on each scrap of paper.
4. Put all of your folded affirmations in your jar.
5. Every day, pull one affirmation out and repeat it to yourself throughout the day.
6. By doing this practice every day, the positivity will start to shine through and take some of that stress and negativity away!

[Register Here](#) [5]

Visibility: 0.00

On Demand?: On Demand

Sort Date: Saturday, August 21, 2021

End date: Monday, August 16, 2021

Audience: Students

Scholars

Families

DIY Affirmations Jar

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Departments

Source URL: <https://oiss.yale.edu/calendar/events/diy-affirmations-jar>

Links

[1] <https://positivepsychology.com/daily-affirmations/> [2] <https://pin.it/40828wN> [3] <https://www.pinterest.com/pin/40828wN/> [4] <https://www.instagram.com/yaleoiss/> [5] <https://yaleconnect.yale.edu/OISS/rsvp?id=1020626>