



#24forFosterCare Craft Idea

365 Encouragement Jar

1. Purchase a large Mason jar with lid or clean and reuse a jar from your home.
2. Decorate the jar. There are lots of ways to spruce it up. See instructions below for a fun Sea Glass Jar project or chalk paint or choose your own. Even stickers or pretty ribbon at the top will do the trick.
3. Print the attached pages full of the words of encouragement and cut them into strips.
4. Fold each strip of paper and place in the jar.
5. Say a prayer for the one that will receive it.
6. Drop off anytime in the month of May to one of our locations in Land O Lakes, Odessa or Carrollwood. For address and more details, email alicia@fornomore.org



Supplies: Mason Jar(s), White Craft Glue, Food Coloring, Paint Brush, Mixing Bowl

STEP 1- Mix 1/2 cup of glue with 1 teaspoon of gel food coloring per jar. Blend until uniform color.

STEP 2- Paint mixture onto outside of jar with brush.

STEP 3- Allow to dry for 6 hours before use.

Note: You will notice that initially the color of the mixture looks too dense once painted onto the jars. The color will become transparent after drying.

You are enough

Today's the day

Storms don't last forever

Keep Fighting

You're in charge of your happiness

Don't wait for opportunity. Create it.

Hello Beautiful

You are brave

You are strong

Today's going to be fun

You are amazing.

Dream bigger.

Choose Happy

Be Fearless

Today's a good day to have a good day

Something wonderful is about to happen

Don't be afraid to fail. Be afraid to not try.

Take a leap of faith today.

You can make a difference. You don't have to be perfect. Just work on progress.

Be a pineapple: Stand tall, wear a crown and be sweet on the inside.

Laugh.

Never give up.

I think I can.

I am blessed.

Slow down and enjoy today.

No one is you and that is your power.

Everyday is a second chance.

You are beautiful.

Reach for the stars.

Believe in yourself.

Just decide to do it.

You are beautiful just the way you are.

Be thankful for what you have and fight for what you want.

Light tomorrow with today.

Give it all you got. Chin up buttercup.

You CAN do this.

Laugh as much as your breathe. Love as much as you live.

Trust yourself.

Breathe in inspiration.

The answer is yes.

Everything is possible.

You believe you could so you did.

Create the things you wish existed.

Be your own kind of beautiful.

Even when you don't know how, believe that you will.

A goal should scare you a little, and excite you A LOT.

Chase the moon
and reach for the
stars.

You are unstoppable.
Just go for it.

Live the life you love.
Love the life you live.

You've survived
100% of your
worst days. Keep
going.

Do what you can
with what you have.

You are powerful.
You are
brilliant.
You are resilient.

Hardships
prepare ordinary people
for extraordinary
destiny.

The best view
comes after the
hardest climb.

Life's tough, but
so are you.

Be gentle on yourself.

A candle loses
nothing by
lighting another
candle.

Build yourself
up.

It seems impossible until
it's done.

You've totally got this.
Don't forget to smile.

You are worthy of
a beautiful life.

Be yourself.
Be unique.
Be happy.

Believe it's
possible until it
happens.

Remember how
far you've come.

Pursue what
sets your soul on
fire.

You are loved.

You were created with a
purpose. Pursue it.

You are precious.
You are important.
Be empowered.

Don't be afraid of what
could go wrong. Focus
on what could go right.

Do what makes
you happy today.

Small steps. One at a time.

You are braver
than you believe.

You are smarter than
you think.

You are a warrior.

Your story will
inspire others.
Focus on the good.

I am stronger
than yesterday.

Fluff out your
tutu and dance
away.

Do your best.

Believe you can and you
are halfway there.

It doesn't matter
how slow you go and
long as you don't stop.

Hello. You're
amazing.

You got this. Go get it.

Be scared and do
it anyway.

Do something
that scares you
today.

Let go of the
thoughts that
don't make you
strong.

It's never too late
to start the day
over.

Feed your soul.

You are capable
of doing
something amazing.

Shine bright today.
Make yourself happy.
Choose what makes you
happy today.

You are important.

Something will
grow from everything
that you are going
through. It's
you.

You don't have to
be perfect to be
amazing.

Don't be ashamed
of your story.

You are unique.

You are an inspiration to
others.

Keep shining.

You are strong
enough to live
this life.

You are golden.

Keep going.
You're almost
there.

You have something the
world needs.

Encourage
yourself. Then
encourage
others.

Make today
amazing.

Let go of
thoughts that don't
make you strong.

Be proud of who
you are.

You are your
only limit.

One step in front
of the other.

Enjoy life
today.
Let your sparkle
shine.

Train yourself to always
see the good in
everything.

I can do this.

Breathe and get
it done.

Do what they say
you can't.

Prove yourself
right today.

Make the brave
decision.

What if I fall?
Oh darling, but what
if you fly?

Make yourself
strong.

You are exactly where you
need to be right now.

Every
accomplishment
starts with the
decision to try.

Push harder.

Do something
courageous today.
Take the risk.

Take the chance
to believe in your
dreams.

Never stop dreaming.
Fight harder for
what you've always
wanted.

Do something that
makes your soul
dance on fire.

You are valuable.

Be joyful in all you do today.

Life is tough, but so are you.

You make a difference in the world.

Going through things you never thought you'd go through will only take you places you never thought you'd get to.

You are worth it.

Be you today.

The happiest people are those that make others happy.

Today is the beginning of anything you want.

Sometimes you have to fight through the bad days to get to the best days.

Have the courage to believe in your dreams.

Cultivate kindness.

Don't skip out on something amazing because it may also be difficult.

Your past doesn't define you. What you do with your future does.

Have the courage to want more.

It's never too late to choose happiness.

Be unstoppable.

Consistently try to be better than you were yesterday.

Have the confidence you need to succeed today.

Do something that you've always wanted.

Abundant blessings are coming.

You are capable of anything you desire.

Celebrate the little things.

Every day you grow into the dreams you're creating.

Be rich with blessings.

Patience is never easy, but it's always worth the wait.

Soar.
Be adventurous today.

Focus on what really matters to you and the rest will fall into place.

Do more of the thing that makes you happy.

Focus on your dreams today.

It's never too late to start a new hobby.

Finish an old project today.

Overcome the past to face a better future.

Enjoy the little things today.

Have the confidence to trust your dreams.

Live abundantly.
You're a rock star.

Believe in your biggest dreams.

Choose the path that makes you happiest.

Do something that makes your feel successful.

Fuel your soul.

Believe in yourself.
The best is yet to come.

Yesterday is gone. You have today to make a difference.

Love your journey.

Be your own inspiration.

Your journey is what makes you stronger.

Shine as bright as glitter in the sun.

Wonderful things are coming.

Continue doing what makes you happy.

Learn something new today.

Think. Believe. Dare. Dream.

Think happy thoughts.

Love yourself.

Don't forget to smile.

Be joyful in what's to come.

Don't let anyone tell you your dreams can't come true.

Always be yourself. Unless you can be a mermaid, then always be a mermaid.

Bloom.

Be silly.

Be honest with yourself.

Dare to be different.
Happiness starts with a smile.

Get creative in making your biggest dreams happen today.

Start today with attaining your goals.

Why fit in when you were born to stand out?

Believing in yourself is the first step.

You are magical.

Blossom into greatness.

Dare to make your dreams happen today.

Do what you love and everything else will fall into place.

Be a unicorn in a field of horses.

Say goodbye to the things that don't bring you joy.

I can. I will.

You're doing a great job.

Be-you-tiful.

Don't stop until you are proud of yourself.

Don't do anything for the approval of others, only yourself.

Strive to make progress today.

Just do.

Be happy. Be Bright. Be You.

Keep it simple.

Believe in yourself a little more.

Yes you can.

Grow through,
what you go
through.

Be authentically you.

Every minute is a
new chance to start
again.

The most certain way to
success is to just try
one more time.

I'm possible.

Choose kindness
and laugh often.

Dream.

Have happy thoughts.

Sometimes you
win. Sometimes you
learn.

The future belongs
to believing in the
beauty of your
dreams.

Make yourself a
priority.

Wander often.
Wonder always.

Be the person
that you want to
meet.

Life isn't about
waiting for the storm to
pass but learning to
dance in the rain.

You are entirely up
to you.

Do it simple.

You have the strength to
do it.

Worry less. Do more.

Little by little, a
little becomes a lot.

One day or day
one. You decide.

You are the very best at
being you.

Every
accomplishment
starts with the
decision to try.

A bigger door is
going to open.

Only obsess
over things that make
you happy

Do it today

Don't be busy.
Be Productive.

As long as
you're breathing, it's
never too late to make
your dreams happen.

The little things in
life will make you
happiest.

Stay true to what
you love.

You're irreplaceable.

I can. I will.
Watch.

See the good in
every part of the day.

Go where you
feel most alive.

You are
amazing. Always
remember that.

When nothing seems to
be going right, go left.

Be who you are
always. Others
can adjust.

Make today
ridiculously amazing.

Surround
yourself with positive
people and see what
good comes from it.

Always take the
scenic route.

Only you can be you.
Just be
yourself.

Manifest your
destiny.

Small things
become great one step
at a time.

Dream on Dreamer.
Enjoy the day.

Why not?

You are what you believe
yourself to be.

Don't let silly
things steal your
happiness.

Find the
beautiful reasons to be
happy today.

I can. I will. End
of story.

Live a life you
are excited to
share
about.

I'm in charge of how
I feel.

Be crazy. Be silly.
Be weird. Be
whatever. Because life
is too short to be
anything but happy.

Find friends that
set your soul on
fire.

Faith. Trust. And
Pixie Dust.

Believe miracles
can happen every
day.

Trust yourself.
You know more than
you think you do.

Make your
dreams come true.

Take the leap
towards your goals.

Dream. Do.

Never stop
believing that anything
is
possible.

If you can dream
it, you can achieve
it.

Take a chance
on yourself.

Decide to just
start living the life
you imagined.

It doesn't have
to make sense. It
just has to make
you happy.

Wherever you go, go with
all your heart. Shoot for
the moon. Even if you fall,
you'll land among the
stars.

My life is going to
be positive.

Shine bright like
a diamond.

If not now, when? Say
yes to now.

Work hard.
Dream bigger.

I am.
Everything.

Don't let the noise
of other people's
opinions drown
out your inner
voice.

Learn from
yesterday, live
for today, hope
for tomorrow.

Difficult roads
often lead to
beautiful destinations.

Create the
grandest vision
possible for your life.
Because you become
what you believe.

Keep dreaming.

Exude joy.

Don't let doubt
squash your dreams. Go
after them.

Let the
adventure begin.

Enjoy life now.

Every moment
matters.

When you can't find the
sunshine...
be the sunshine.

Sometimes you have to
know the
darkness before you
can
appreciate the light.

The greater the
storm, the
brighter your
rainbow.

Be so happy that when
others look at you,
they become happy
too.

Take the chance
and don't look back.

Prove them wrong.
Fall seven times,
but get up eight.

Life is good.

Take every
chance. Drop every
fear.

Shine brighter
than the stars.

Use your smile to change
the world, but don't let
the world change your
smile.

Rise by
uplifting others.

Today, I'm
choosing happiness.

Positive
Thoughts Only.

Attitude is a
little thing that
makes a big
difference.

Feel beautiful today.
Cherish every
single moment.

If you can dream
it up, then you
can make it
happen.

Believe in yourself. Act
as if it is. Live like it's
already here.

You can't start the next
chapter of your life if
you keep
re-reading the
last one.

Start where you
are. Use what you
already have. Do what
you can right now.

Start making
excuses and start
making changes.

You matter.

Have only
positive expectations
(HOPE)

Normal is boring.
Be bold. Be you.

Make yourself
a priority.

Decide to be
yourself.

Beauty is in front
of you.

What consumes
your mind, controls
your life.

Nothing worth
having comes easy.

Be not afraid of
life. Believe that life
is with living.

Be yourself.
Everyone else
is already
taken.

Don't stop until
you're proud.

Stop being afraid
of what could go
wrong and think of
what could go right.

Every day is the
opportunity for a fresh
start and
bright beginnings.

Don't wait for
the perfect moment,
take the moment
and make it perfect.

Do what others
tell you can't be
done.

Exhale doubt.
Inhale inspiration.

Connect.
Inspire. Support.

Awaken your dreams.

You are your
own motivation.

Make the most of
the next 24 hours.

Don't compare
your beginning to
someone else's
middle.

Make a wish. Take
a Chance. Make a
change.

Keep your face
towards the
sunshine always -- then
the shadows will fall
behind you.

Don't just fly. Soar.

Even miracles take
a little time.

It's kind of fun to
do the impossible.

Have the courage
to pursue your
wildest dreams today.

Today is the first step
towards the life you've
always wanted.

Happiness is a state of
mind.

Go and live your
biggest dreams.

Dreams come true
if only we wish
hard enough.

Love yourself.

You are your
only limit.

You are truly
amazing today and
always. A little progress
each day adds up to
big results.

Not all who
wander are lost.

Keep going.

Never let
yourself feel
defeated.

Blessed are
those who see
beautiful things in
humble
places where
other people see
nothing.