

DO IT YOURSELF

Motivation in a jar

Easy



You will need

1 empty Nutella® jar

Chalkboard stickers and chalk pen

Motivational aids or lucky charms

Ribbon

Scissors

INSTRUCTIONS



1

Gather together your personal motivational aids and lucky charms.

This is where you can get creative! Use paper tissues, personal lucky charms, photos, useful things or a snack for when you're on-the-go!



2

Fill the jar with these motivational aids.

**3**

Close the lid, tie the ribbon around the filled Nutella® jar and stick the “You can do it!” chalkboard sticker over the ribbon onto the jar.

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