



— WHAT IS THE —
COOL STUFF JAR?

THE COOL STUFF JAR

In my best-selling book, **The Cool Stuff Jar® – Three Simple Ways to Live a Happier Life**, I show you how to create a **Cool Stuff Jar® Mindset**, what you can do to sustain your **Cool Stuff Jar® Mindset**, and how to ensure the amazing power of creativity and play are fully incorporated into your life. I also challenge you to expand your **Cool Stuff Jar®** attitude well beyond your own immediate world.

So, what exactly is a Cool Stuff Jar®? Well, it's really two things:

1. A literal jar where you drop in slips of paper that have the juicy, cool stuff that happens written on each slip.
2. A state of being, a feeling or mindset that makes a point of focusing on and celebrating the good stuff that happens each and every day.

When you create your own physical **Cool Stuff Jar®**, you'll take your first step toward changing your mindset and changing your world. As you know, when you are starting a new habit, you need to keep it simple. A jar, some slips of paper, and a pen are all you need to capture the cool stuff that happens every day.



THE COOL STUFF JAR

So, here is a quick way to get your Cool Stuff Jar® up and running:

1. Get a wide mouth jar (or a box, bowl, vase, or even a suitcase!) What you want is something that has easy access and that you can see into.
2. Put a small pad of paper that you like using right by your jar along with a couple of pens that you like writing with.
3. Start writing cool stuff down on your slips of paper and dropping them into your jar.
4. Enjoy!

That's how simple this is.

To set this new habit in place, consider making a point of jotting things down in the morning to begin your day on a positive note, again when you stop for lunch, and again just before you close your day. You might even set a digital reminder for the first couple weeks.

My own jar, about nine inches tall, is made of glass so I can see all the fun colorful slips of paper piling up. I make the slips by chopping up leftover art papers, scrapbook papers, and colored file cards. I keep a pile of them along with a favorite pen right by my jar.



THE COOL STUFF JAR

The lid is simple to lift off and put back on, so it's easy to jot down cool stuff, date it, and toss it in the jar without skipping a beat. This is the one I have in my studio. I also have one at home. You can put a **Cool Stuff Jar**® anywhere you want to pay special attention to focusing on the good stuff.

In fact, one of the side effects of filling your **Cool Stuff Jar**® likely will be that you actually encounter less and less crummy stuff as you develop this new habit. Less crummy stuff makes room in your world for more cool stuff and more cool stuff naturally makes you feel happier.



What happens when you spend time seeking out the cool stuff for your jar, is that you end up seeing WAY more cool stuff around you than you ever realized.



THE COOL STUFF JAR

MANAGING YOUR MIND MONKEY™

You also learn how to calm the negative chatter inside your head. We all have a **Mind Monkey™** swinging around inside our heads. Now this monkey can be telling us great and positive things, or it can be filling us up with negative, self-defeating chatter.

What I suggest you do to handle your Mind Monkey™ is a three-step process:

1. Identify that your Mind Monkey™ is starting in on the negative chatter.
2. Interrupt the chatter (I mentally throw my monkey a banana).
3. Replace the chatter with something better, more positive, more productive.

When you do this process, you're automatically putting a little distance between what's going on in your head and your emotional response to it. You give yourself the opportunity to listen to the chatter more dispassionately and decide whether or not it is serving you. **If it is not serving you, interrupt it, and immediately replace it with something better.**

For example, let's say you're thinking about all the work you have to do and your **Mind Monkey™** swoops in and tells you that you've always been a procrastinator and you'll never get it all done. You have a choice: let the monkey continue with the negative chatter **OR interrupt the monkey with a mental banana and replace that chatter with something better.**

While your monkey is off chomping on the banana, you can tell yourself that you are taking action on something important right now. **Your mind listens to what you tell it so fill it with good, productive thoughts.**



THE COOL STUFF JAR

FILL YOUR COOL STUFF JAR®

Here's what can happen when you put your effort and attention into filling your Cool Stuff Jar®:

- Your stress levels drop, and your joy and happiness go through the roof.
- You remain calm amidst chaos and move toward sustaining that sense of calm as your more natural state.
- You revel in a new ability to choose your responses and the positive effect this has on your strength and confidence.
- You make creativity and play part of your everyday routine.
- You learn to celebrate even the small things.
- You know what it feels like to be continually smiling, not just on the outside, but also on the inside.

COOL STUFF JAR® PROMPTS

Cool stuff can be anything... a great cup of coffee, a successful outcome, a lesson learned, something that made you laugh, an unexpected visitor, **anything that you think is cool and gives you a positive feeling.**



THE COOL STUFF JAR

To get you started in identifying the cool stuff that happens in your day, here are some prompts that relate to mindset, creativity, and play.

MINDSET

- Write down something new that you learned today.
- Write down when your Mind Monkey™ started chattering in your head and what you did to replace the chatter with something better.
- Write down some good choices you made today.
- Write down a good lesson that you learned today.
- Write down some things that make you happy.

CREATIVITY

- Write down something that made you curious today.
- Doodle something and drop it in the jar.
- Write down what you daydreamed about or imagined today.
- Write down something you created or saw today.
- Write down what your superpower is and how you used it today.

PLAY

- Write down when you felt playful today.
- Get up and take a walk.
- Write down something that made you laugh out loud today.
- Write down when you adopted a playful attitude today.
- Write down who you were playful with today.



THE COOL STUFF JAR

JOIN THE COOL STUFF JAR® MOVEMENT

As you build your Cool Stuff Jar® routine, pay attention to how your outlook changes. **Notice how you feel, what your thoughts are, and how you interact with the people you come in contact with.** Notice how even the smallest things have an elevated value.

There's probably more good stuff happening around you than you ever noticed. Just because you hadn't seen it, doesn't mean it wasn't there. What it means is that you've successfully shifted your mindset and you can more fully appreciate and celebrate the great world you're living in.

And all this is happening just from putting a slip of paper in a jar.
Pretty awesome, isn't it?

Now let's go bigger. Ponder the effect your magical Cool Stuff Jar® world will have on the people around you. They'll note your happiness and wonder what you're doing that's different. They may not even realize it consciously, but **subconsciously they will feel the pull toward your world because they crave what you have.**

Consider what it would be like to have the people around you making their own Cool Stuff Jar® and learning how to capture that powerful mindset for themselves. Think about what happens when you share this way of approaching life with them and the positive effect it can have on them. **Think about how a simple shift in attitude can have a profound effect on someone else's world.**



THE COOL STUFF JAR

Finally, go even bigger and move beyond your circle of colleagues, family, and friends. Imagine this thinking finding its way into their circles of colleagues, families, and friends. Imagine it becoming a movement that goes global. *It's an amazing feeling, isn't it?*

So, here's my challenge to you:

1. **Go out and create your Cool Stuff Jar®.** Better yet, do it with a friend or two so you can hold each other accountable and get the good habit ingrained. E-mail me a picture of your jar so I can celebrate with you! CSJPics@prospercreatively.com
2. **Expand your thinking to create your own Cool Stuff Jar® world.** When your new Cool-Stuff-Jar-filling habit is firmly in place, and you've experienced that gentle yet powerful mindset shift, you can elect yourself President and create your new world.
3. **Share how you did it with others and spread the Cool Stuff Jar® love.** When you're comfortable, relaxed, and confident, invite others to join you in this new way of living.

What are you waiting for? Let's create a Cool Stuff Jar® movement!

