



"Handing it over" aka "God" Jar

This tool allows you to open to new possibilities, renew your faith and relieve worry.

Get a jar with a lid (like a mason jar.) Decorate it, and make it something you consider special. Cut a slit in the lid and name it whatever works for you (examples: God jar, faith jar, handing it over).

When you have a goal, task or problem that is causing you to feel worried or stressed, write down the situation that you need assistance with, and put it in the jar. This will require a level of trust/faith, because by putting the problem/concern in the jar, you are handing it over and trusting that the problem will be resolved. Try to stay optimistic and open, you must be "open" to receive. Visualize putting the issue into a box and handing it over (whatever that looks like to you). Then if you try to take it back, start stressing to try and figure it out, recite: "I release the need to control and I am open to receive, I will trust the process."

Pay attention to what may open up for you.

Be willing to see things from a different perspective.

