

YOU KEEP  
going until  
you're  
PROUD

Big Life Journal  
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NO MATTER  
the MOUNTAIN,  
"YOU CAN"  
CLIMB it

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"CHALLENGES"  
makes you  
STRONGER

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"YOU"  
-ARE-  
UNSTOPPABLE

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you  
FOLLOW  
your  
Dreams

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YOU CAN  
CHOOSE  
to have a  
GREAT  
DAY

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YOU  
are  
RESILIENT

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YOUR  
MISTAKES  
are  
"CHANCES"  
TO LEARN

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I BELIEVE  
IN  
YOU

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new (and fun) ways for

KIDS

to do

AFFIRMATIONS

Big Life Journal

1

## START BY AFFIRMING THEM

- Take time daily or weekly to look into your children's eyes and affirm them. You can say, 'You matter. You're loved. You're enough.'
- End with a long hug to reap the benefits of neurochemicals, like oxytocin, that are released with physical touch..



2

## CREATE AN AFFIRMATION BOARD

- Grab a poster board, cork board or small canvas. Together, draw or find pictures which describe their values, things they want to achieve, and/or who they want to become.
- Encourage your kids to include positive things they believe about themselves, their goals and things they can't do YET but want to learn.



3

## DRAW AFFIRMATIONS ON THE MIRROR

Help your children use sticky notes or washable markers to place or draw affirmations on the mirror. When they look in the mirror, they will be reminded of all the ways they matter and make a difference in this world.



4

## SING YOUR WAY INTO A BETTER MOOD AND BETTER HEALTH

Whether in the shower, the car, or getting ready in the morning, we use singing to lift our spirits and make things like household chores a lot more fun. Invite your children to turn their favorite affirmations into songs.



5

## BUILD A TREASURE CHEST OF GOODNESS

1. Buy or build a small wooden treasure chest or, alternatively, use an empty tissue box.
2. Ask kids to paint and decorate the chest or box with the words "I am" on the top.
3. Make some coins out of thick card or cardboard that are big enough to write on.
4. Then, for each coin, children pick out "I am" affirmations and write one on the front side of a coin.



6

## LEARN FROM THE GREATEST

- Use the stories from the Big Life Journal or the Famous Failures Kit to help children learn from others' experiences.
- Ask your child what they think these people told themselves or what affirmations they must have used to help them get back up and keep moving towards their goals.



7

## ASK, "WHAT IF?"

- Find an adventure book where the main character has a goal and one or more obstacles to overcome.
- Discuss how the story might change depending on what the character chooses to say to him or herself.
- Discuss what happens when the character believes the affirmations versus the criticism.

