

WHEN *it* RAINS, LOOK *for* RAINBOWS.
WHEN *it's* DARK, *look* for STARS.



Oscar Wilde

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Big Life Journal

Today, I will help someone.



Today, I will have confidence in myself.

Today, I will try something new and be courageous.

Today, I will make a mistake and learn from it.

Today, I will make or create something.

Today, I will set a new goal.

Today, I choose to have a great day.

Today, I will tell someone how much they mean to me.

Today, I will list 3 things I love about myself.

Today, I will practice what I am learning.

Today, I will find out an answer to a question I have.

Life isn't about WAITING the STORM to PASS. about LEARNING to DANCE the RAIN.

VIVIAN GREENE

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Today, I will spend time in nature and notice the beautiful world around me.



Today, I will stay persistent.

Today, I will be patient.

Today, I will say "thank you" and "I love you."

Today, I will list 3 things I love about my family.

Today, I will focus on what is working instead of what's not.

Today, I will cheer on a friend.

Today, I will look for opportunities to help someone.

I will name a unique thing about myself.

Today, I will write a letter to a friend.

Today, I will make a mistake and high-five someone about it.

LET your SMILE Change the WORLD,
BUT don't let the WORLD
change your SMILE.

Connor Franta

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Today, I will say, "I am kind, I am
enough, I am loved."

Today, I will take one step closer to a
goal I am working towards.

Today, I will share a positive moment
from my day with my family.

Today, I will offer to help with dinner
or clean up.

Today, I will fail at something and
learn from it.

Today, I will eat mindfully, turn off
distractions, and focus on the experience.

Today, I will be a good listener and give
my full attention to someone talking.

Today, I will take on a new challenge.

Today, I will read about something
that interests me.

Today, I will smile at 3 strangers.

Today, I will not compare myself
to anyone.





activities to help your child develop a **POSITIVE ATTITUDE**



Big Life Journal



LOVING KINDNESS MEDITATION

Engage your child in loving kindness meditation. It involves thinking of loved ones and sending them positive thoughts. The four traditional phrases are, "May you feel safe. May you feel happy. May you feel healthy. May you live with ease."



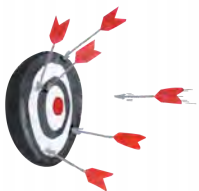
HELPING OTHERS

Your child could help others by assisting an elderly neighbor with yard work or chores, helping a friend with homework, or participating in a canned food or clothing drive. You could also make volunteering a family affair and regularly help out with a soup kitchen or other charitable organization.



RECORDING AWE MOMENTS

Encourage your child to create an Awe Journal. In the journal, they will record sights or moments from their daily lives that they find beautiful or extraordinary: a rainbow, a kind act, or even the smell of freshly baked cookies. Your child can record these moments with drawings, descriptions, poems, etc.



SETTING AND ACHIEVING GOALS

Encourage your child to set goals and visualize and plan for obstacles in advance. This is called the WOOP approach: Wish, Outcome, Obstacle, Plan. This approach makes it more likely that your child will actually achieve her goals, resulting in increased confidence and a more positive attitude.



SHARING POSITIVITY

Share positive experiences with your child. Laugh with your child, hug your child, set aside time to provide your undivided attention, and enjoy positive experiences together.



DEVELOPING NEW SKILLS AND TRYING NEW ACTIVITIES

Recognize your child's strengths and give her opportunities to develop them and experience success. If your child expresses interest in a new activity, let her try it out. You can even find new activities to try with your child in order to increase your shared positive experiences.



PRACTICING POSITIVE AFFIRMATIONS

Guide your child to come up with affirmations that are short, positive, and present tense: I am kind. I am enough. I am loving. Instead of giving your child instructions or requiring her to say affirmations, try to use them in a playful manner.