



# AFFIRMATIONS AND DAILY REMINDERS

by Big Life Journal



Big Life Journal

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# AFFIRMATIONS AND DAILY REMINDERS

## How to use

For best results, print pages 3-7 on durable card stock paper. Cut along the dotted grey lines and refer to the examples below for inspiration on how to use your affirmations and daily reminders. By using them daily, you can train your mind to see things in a different, more positive light and focus on the good.



Add it to your child's lunchbox or backpack.



Put your daily affirmation on your mirror, fridge or desk.



Create a special family ritual by choosing one each day together.



Journal about the affirmation and how you can take action.

Cut along the dotted grey lines. Recommended to print on cardstock paper for durability.



DAILY  
REMINDER

I WILL  
LET GO  
OF WHAT  
I CAN'T  
CONTROL

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DAILY  
REMINDER

I AM  
LEARNING

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DAILY  
REMINDER

I CHOOSE  
TO FEEL  
GRATITUDE

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DAILY  
REMINDER

MY  
VOICE  
MATTERS

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DAILY REMINDER

I AM ENOUGH

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DAILY REMINDER

I LOVE AND ACCEPT MYSELF JUST AS I AM

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DAILY REMINDER

I CAN CHOOSE A BETTER FEELING THOUGHT

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DAILY REMINDER

I AM BRAVER THAN I FEEL

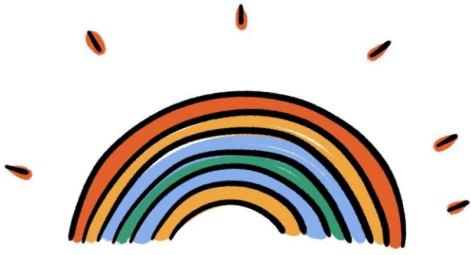
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DAILY  
REMINDER



I CHOOSE  
TO BE KIND  
TO MYSELF

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DAILY  
REMINDER



TODAY I WILL  
FIND JOY IN THE  
SMALLEST  
MOMENTS

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DAILY  
REMINDER

I DON'T NEED  
TO PROVE  
ANYTHING  
TO ANYONE

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DAILY  
REMINDER

I CHOOSE  
PROGRESS  
OVER  
PERFECTION



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DAILY REMINDER

I WILL ASK  
FOR HELP WHEN  
I NEED IT



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DAILY REMINDER

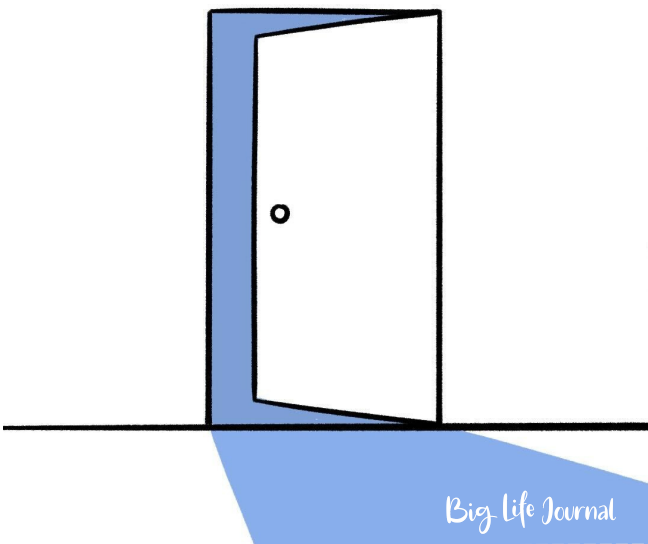
MY THOUGHTS  
AND FEELINGS  
MATTER



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DAILY REMINDER

TODAY I WILL TRY  
SOMETHING NEW



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DAILY REMINDER

I AM  
PROUD OF  
MYSELF



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DAILY  
REMINDER

I HAVE THE  
POWER  
TO MAKE MY  
DREAMS  
COME TRUE



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DAILY  
REMINDER

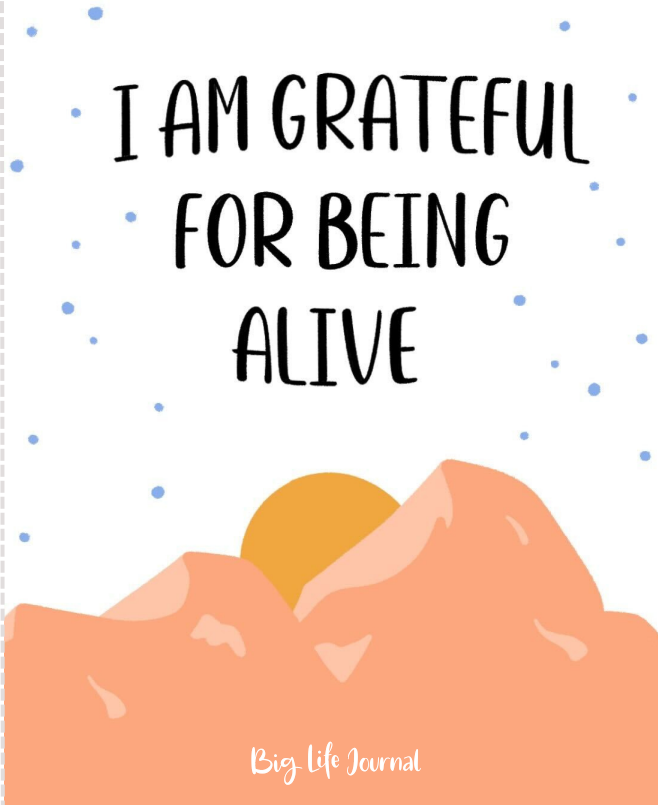


ALL MY FEELINGS  
ARE OKAY

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DAILY  
REMINDER

I AM GRATEFUL  
FOR BEING  
ALIVE



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DAILY  
REMINDER

I GIVE MYSELF  
PERMISSION  
TO MAKE  
MISTAKES



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# Big Life Journal for Kids

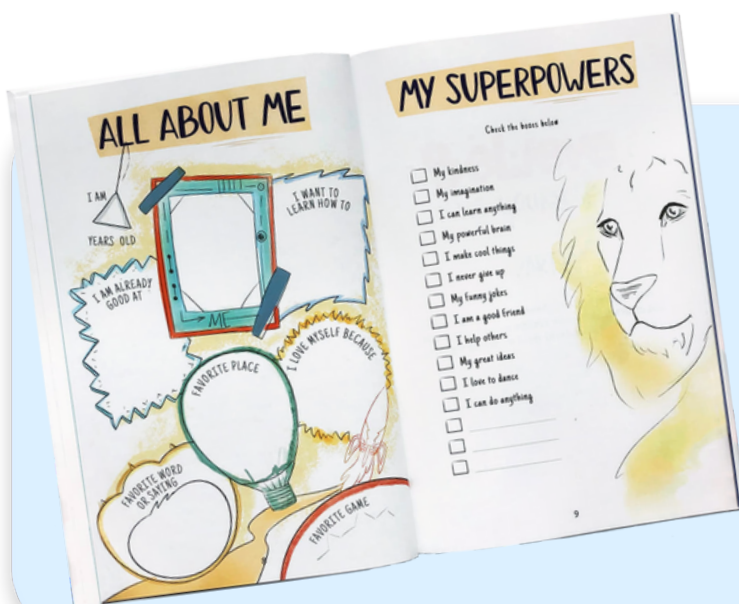
Ages 7-10

Big Life Journal helps children develop strong Social-Emotional Learning (SEL) and growth mindset skills through inspiring stories, colorful illustrations, and engaging guided activities.



"Not only are the stories amazing and beautiful illustrations, but my daughter has really grown and learned to believe in herself. It's been beautiful to watch her grow."

- Deanna F.



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