

# 5-DAY SELF-LOVE Challenge

To complete this challenge, choose a challenge buddy and go through the activities together. Once you complete each activity, put a checkmark next to it below.

MY NAME IS \_\_\_\_\_ MY CHALLENGE BUDDY IS \_\_\_\_\_

We began this challenge on (date) \_\_\_\_\_

When we complete this challenge we will celebrate by \_\_\_\_\_

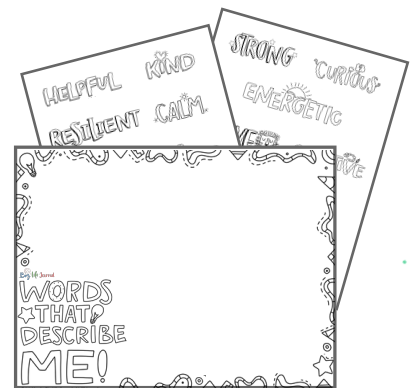
-  Words That Describe Me
-  I Am Grateful For My Body
-  My Emoji Bookmarks
-  I Can Choose My Thoughts!
-  Owl Always Be Amazing

# WORDS that DESCRIBE ME

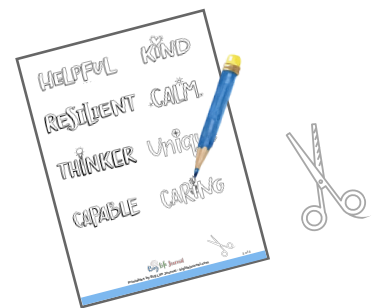
How many loving and positive words can you think of to describe yourself? This activity will give you lots of great suggestions!

## HOW TO MAKE

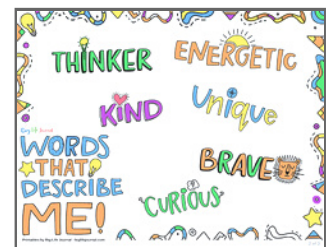
**1** **Print** out the page with the frame. You can write your own words inside the frame or use the words provided (steps 2 and 3).

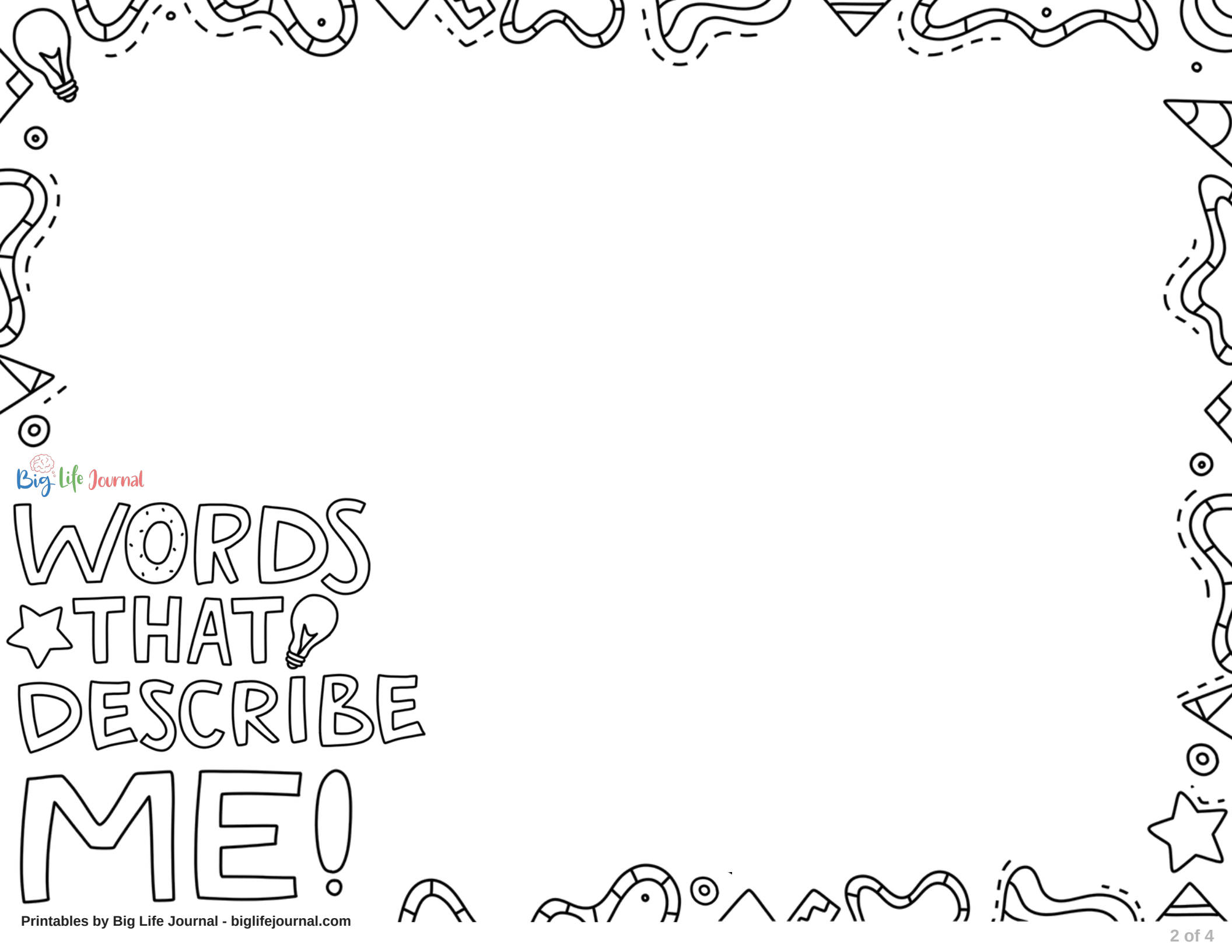


**2** **Choose** the words that describe you and **color** them before cutting them out.



**3** **Cut** the words out and **glue or tape** them inside your frame. Add your own words if you have more room.





Big Life Journal

# WORDS ★ THAT DESCRIBE ME!

HELPFUL

KIND

RESILIENT

CALM

THINKER

Unique

CAPABLE

CARING



STRONG CURIOUS

ENERGETIC

BRAVE CREATIVE

HAPPY

CONFIDENT



day  
2

I Am GRATEFUL

For My Body

My body is



and



It helps me



It keeps me



My brain helps me



With my face I can

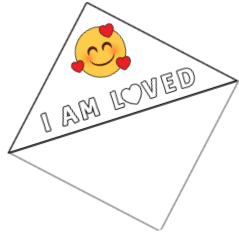


My heart is filled with



# My EMOJI Bookmarks

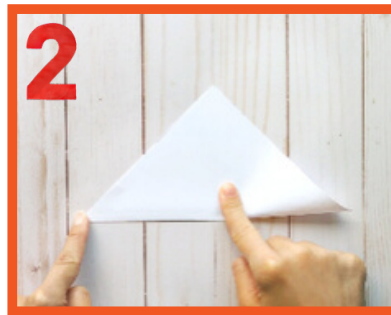
Make bookmarks for your Big Life Journal or another favorite book!



## HOW TO MAKE



1 Print out the bookmark templates on regular paper and cut out the square.



2 With the emoji illustration faced down, fold the square in half diagonally to create a triangle. Press along all the folds to crease.



3 Fold each outer corner of the triangle to meet together at the top of the triangle so the illustration comes together. Tape or glue down.




4 Turn the diamond over and fold the flap underneath to create a pocket and crease.



5 Your bookmark is ready to use inside your favorite book or journal!

day  
3

# My EMOJI Bookmarks


	 <p>I CHOOSE KINDNESS</p>





day  
3


# MY EMOJI Bookmarks

	 <p>I AM LOVED</p>



day  
3

# My EMOJI Bookmarks

	 <p>I AM ENOUGH</p>

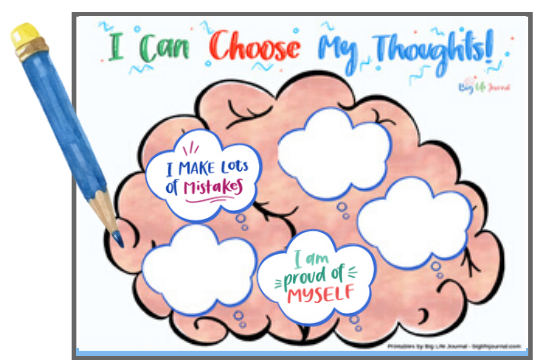


# I Can Choose My Thoughts!

We can choose the kind of thoughts we think about ourselves. The kind, empowering, and supportive thoughts will make us feel strong and loved!

## HOW TO MAKE

- 1** Print out the pages with the brain and the bubble thoughts.
- 2** Choose the thoughts which make you feel strong and loved. Cut out these thoughts and glue or tape to your brain page. Add one more positive, loving thought!
- 3** Color your brain anyway you like!



\\  
I MAKE Lots  
of Mistakes

I can  
= make a  
mistake and =  
learn from  
// it

I am  
= proud of =  
MYSELF

I  
can't do  
anything =  
Right

My  
ideas are  
= UNIQUE and =  
VALUABLE

My  
ideas are =  
no good =



\\  
I can't learn  
difficult things

\\  
I can learn  
ANYTHING!

# I Can Choose My Thoughts!

Big Life Journal



# OWL ALWAYS

# be AMAZING

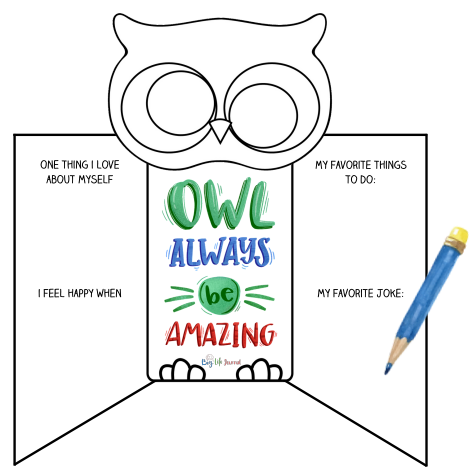
There are so many amazing and unique things about you! Make this fun owl craft and display it anywhere you like.

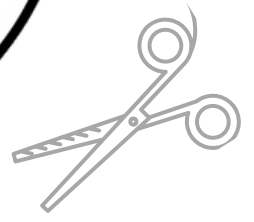
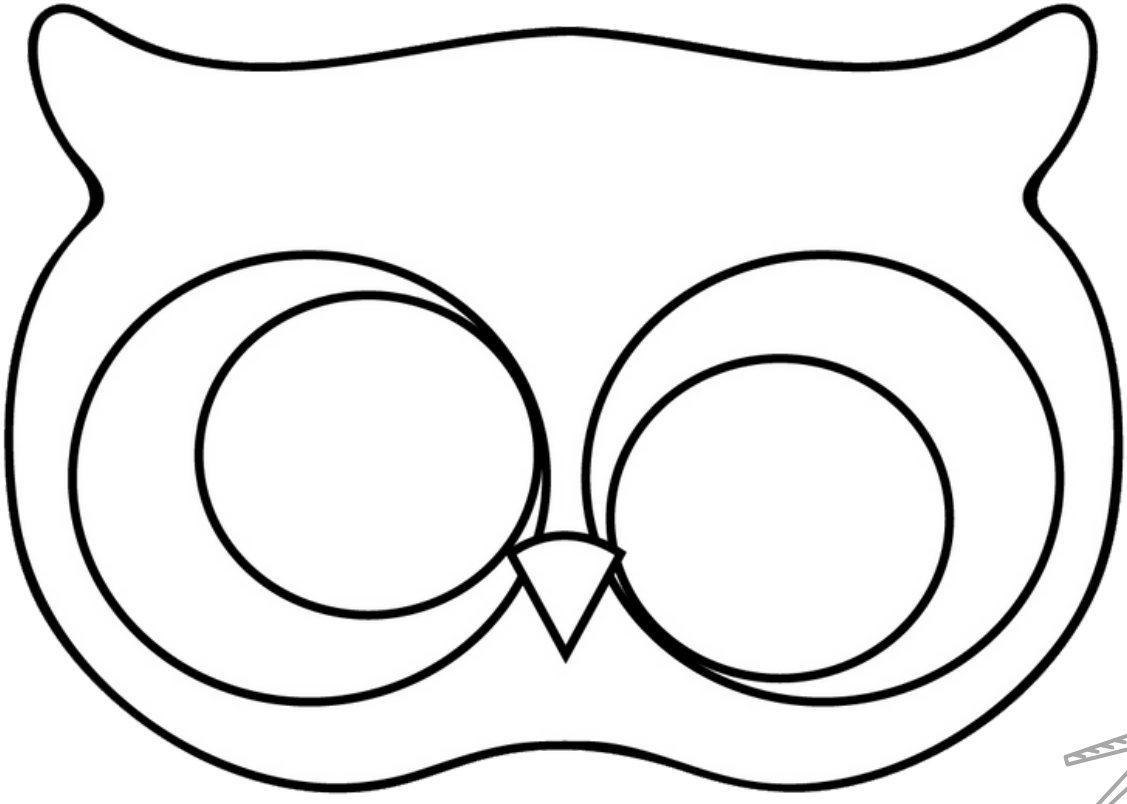
## HOW TO MAKE

**1** Print out the owl head & body page and the wings page.

**2** Cut out the head, body, and wings. Tape or glue the head and wings to the body.  
**Tip:** Arrange your pieces before you tape or glue them down.

**3** Write or draw on the wings. Your owl is ready to decorate!





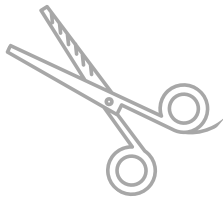
AMAZING be ALWAYS OWL

ONE THING I LOVE  
ABOUT MYSELF

I FEEL HAPPY WHEN

MY FAVORITE THINGS  
TO DO:

MY FAVORITE JOKE:





Over **500,000** children around the world use Big Life Journal's products with great success!

Join them today!

At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★



**Get Resilience Kit**



My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!

- Sharon B.

★★★★★

**Get Confidence Kit**

**Shop All Store**

Use our resources and see your children become more **CONFIDENT, RESILIENT, and SELF-LOVING!**