

# Positive habits we will be working on to make your **inner light** shine brighter



## Gratitude:

When you are thankful, you are showing gratitude. Did you know you cannot be grateful (thankful) and unhappy at the same time? When you say “Thank you,” you feel joy in your heart. How cool is that!

## Emotional Check-In:

When you check in with your feelings every day, you learn to love and understand all of your feelings. And guess what? You will realize you are stronger than your feelings! This habit alone will help you turn your hardest days into magical ones.

## Positive Affirmations:

Did you know you have a silent voice inside? This is your inner voice. When you teach your inner voice to talk to you in a positive way, you become more confident and happy.

## Breathing:

Take deep breaths every day. Breathing in and out slowly is a powerful tool you can use to help your mind and body stay calm and peaceful—any time, any day.

## Critical Thinking:

Why does this journal have so many questions? Well, scientists have proven that conversations and questions lead to connection with yourself and others. In other words, your light shines brighter when you discover your own answers to your inner world. The more you wonder, the more curious you get. The more curious you get, the more you learn about who you are. And when you start realizing who you are, that's how you make brave choices that are true to you!

## Nature Walks:

Being outdoors in nature helps your mind and heart feel calmer and happier. When you see how you and nature are alike, you understand how magnificent you are—just like the world around you!

## Creativity:

What's the best way to share your inner light? By drawing, playing, writing, or creating something! Your imagination lets you be true to yourself. No one in the world can create something exactly like you. So keep creating, young ones, and keep being true to you.


# How to use **your Journal**

You will do journal entries every day to help develop positive habits.

Every week starts with a **Self-Love activity**.

**Activity 1**

**I SEE**  
Self-Love




This Week I Will See:


**WHAT I LOVE ABOUT MYSELF**


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**What I Need**

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 10 minutes

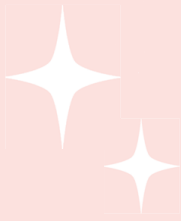
 A Grown-Up

 Indoors

Pencil or Crayons 

Each week's activity develops on the one before it, like building blocks.

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# Tips to get the most **Magic** out of your journal



## When do you need a grown-up?

A grown-up is required once every 7 days, for a 10-minute activity on Self-Love. If you're a beginning reader, a grown-up can help every day.

## How can you remember to use your journal every day?

Tag it with an existing habit. For example, you can journal right after you brush your teeth, eat dinner, or finish your homework.

## Where should your journal live?

Keep your journal in a place where you wake up or go to sleep. For example, your journal can live next to your bed, or on your desk.

## Need some help with daily entries?

Learn about Emotions, Gratitude, and Breathe & Believe on **pages 24-27**.

## Do you have to go outdoors?

Some activities ask you to be outdoors, but if you can't go outside, you can simply look out the window to connect with nature for that day's activity.

## What if you miss a day?

Don't worry if you miss a day... or 2... or even 10... **The most important thing is that you don't give up! Keep on going!**

# Let's start with sample pages to help you begin.

Date: August 12, 2021

## Love Helps Nature Grow

### What helps plants grow?

Talk about it with your grown-up / Draw or write your answers

Things that help plants grow are sunlight and water. But mom said there are more ways to help plants grow!

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### Do you think kind words can help plants grow?

Yes!

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When we talk kindly to plants like flowers or trees, we can help them grow even faster. This used to be a mystery until scientists proved it!

Go for a nature walk so you can continue to wonder about this a bit more. Let's call this...

### Wonder Walk Time!

Give some love to nature during your walk with your grown-up. Below are some ideas to help you get started:

- Lean in close to a flower or plant and say something like "Thank you, flower, for your beautiful colors!"
- Create your own wish of love, and whisper it to something in nature
- Hug a tree, or touch a tree trunk with your hand



**YOUR SELF-LOVE LIGHT IS SHINING BRIGHTER...**

Date: August 12, 2021

See pages 20-25 for help

Close eyes and think of everything that happened today...

Which feelings visited me today?



Give those feelings a BIG HUG



What did I love about myself today?



Say THANK YOU to it!



## BREATHE & BELIEVE

Say **"I LOVE MYSELF JUST THE WAY I AM."**

Close your eyes. Take **1** Deep Breath.

Color/shade in the number of breaths you took.



The dotted grid is for both writing and drawing!