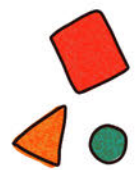


— my —

GROWTH
MINDSET
YEAR



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GROWTH MINDSET

printables

For the complete collection of Big Life Journal products, [click here](#).



Resilience -KIT-

With these fun and engaging activities, your children or students will learn how to:

- how to cope in spite of setbacks
- welcome mistakes as opportunities to grow
- overcome obstacles

[Click here to learn more.](#)

GROWTH MINDSET

KIT

These printable worksheets, posters, activities, and coloring pages designed to help children develop grit, resilience, and perseverance. Your children or students will learn how to overcome obstacles and welcome mistakes as opportunities to learn!

[Click here to learn more.](#)



THANKFUL FOR 2020

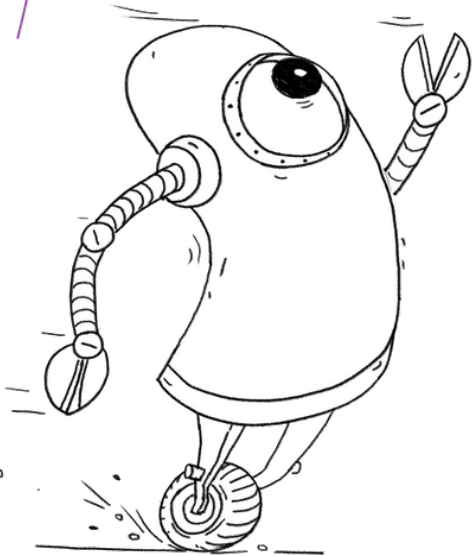
SOMETHING NEW I LEARNED

A NEW ACTIVITY I TRIED

A NEW PERSON I MET

SOMETHING I GOT BETTER AT

SOMETHING I HAVEN'T MASTERED YET



MY CURRENT FAVORITES

Big Life Journal

BOOK _____

SONG _____

MOVIE _____

SHOW _____

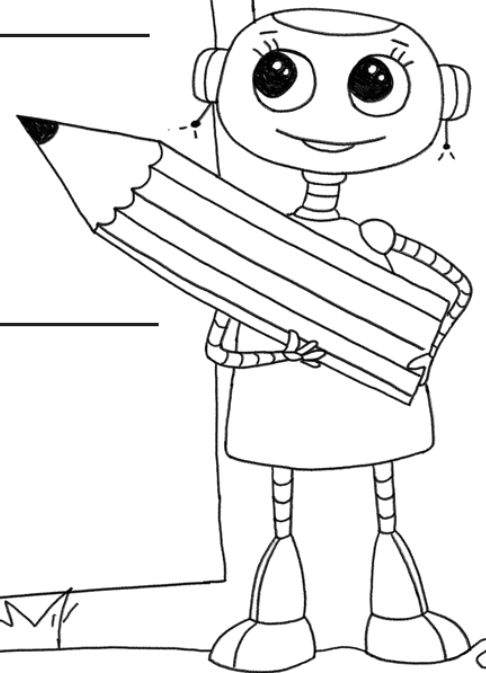
FOOD _____

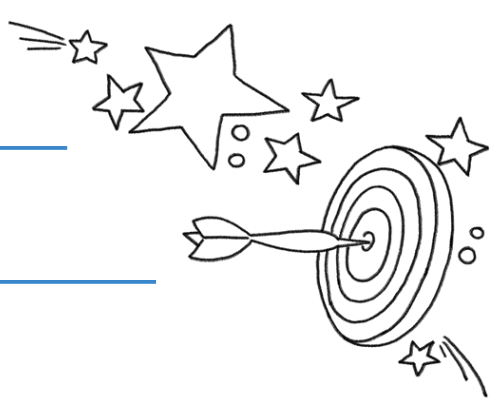
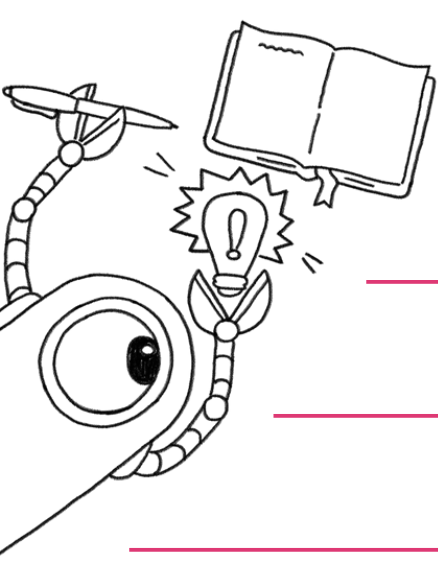
DRINK _____

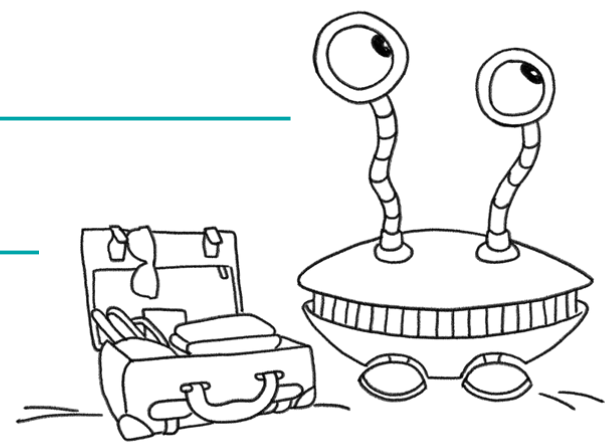
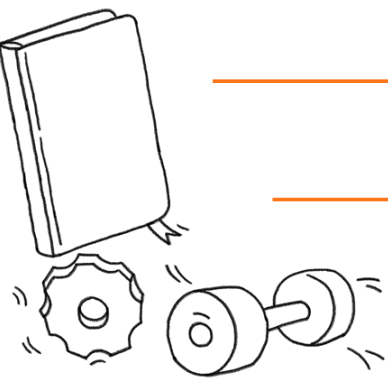
GAME _____

COLOR _____

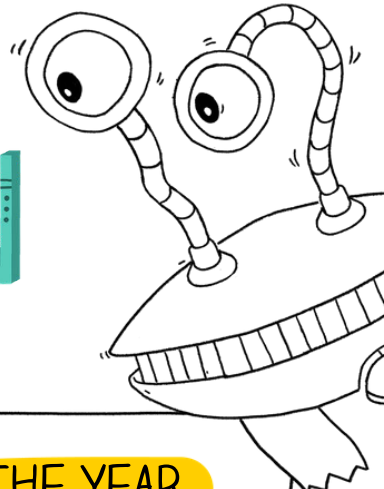
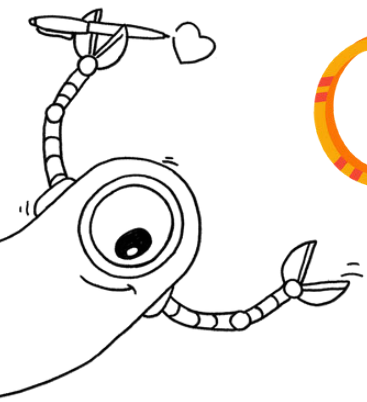
STORE _____







OUR 2021 FAMILY PLAN



2021 FAMILY BUCKET LIST

OUR WORD OF THE YEAR

OUR FAMILY MOTTO

A NEW TRADITION

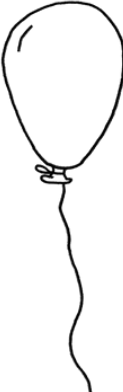
IDEAS TO SHARE KINDNESS

1 _____

2 _____

3 _____

WORD OF THE YEAR IDEAS



Determined
Focus
Love
Grateful
Peace
Progress
Hope
Abundance
Enough
Worthy
Powerful
Pause
Extraordinary
Acceptance
Dream
Balance
Inspired
Contribution
Fearless
Grounded
Achieve
Learn
Valuable
Now
Yes
Confidence
Brave



Bliss
Bloom
Listen
Playful
Health
Growth
Mindset
Change
Strength
Purpose
Attention
Generosity
Mindfulness
Self-love
Create
Expansion
Self-care
Light
Adventure
Grace
Enjoy
Believe
Family
Trust
Connect
Persevere
Minimalism

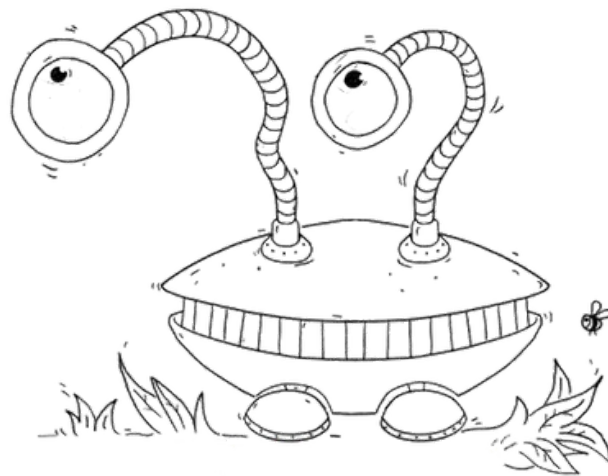


GRATEFUL



BELIEVE

Word of the Year



OUR FAMILY GOALS FOR 2021

Big Life Journal

A purple rectangular box with a dashed border and a small star in the top right corner.

1. _____
2. _____
3. _____

A yellow rectangular box with a dashed border and a small star in the top right corner.

1. _____
2. _____
3. _____

A pink rectangular box with a dashed border and a small star in the top right corner.

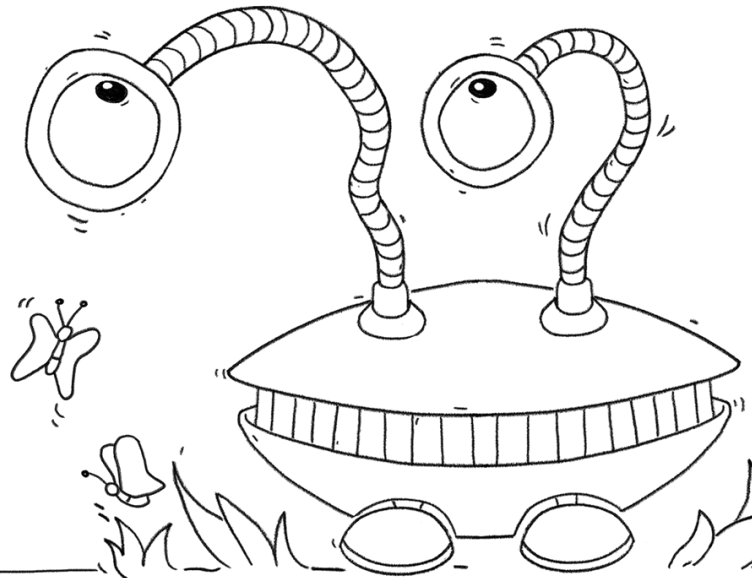
1. _____
2. _____
3. _____

A blue rectangular box with a dashed border and a small star in the top right corner.

1. _____
2. _____
3. _____

A teal rectangular box with a dashed border and a small star in the top right corner.

1. _____
2. _____
3. _____





FAMILY GOAL IDEAS

Big Life Journal

RELATIONSHIPS

- Have a weekly check-in (to see how everything is going)
- Create a family mission statement
- Take more family photos

HEALTH

- Do a family water drinking challenge
- Set time to unplug and play together
- Set up a no-phone zone

FAMILY PROJECTS

- Remodel a room together
- Create a scrapbook

CELEBRATIONS

- Birthdays/anniversaries
- Sport/activity accomplishments
- Driver's test

ADVENTURES / TRIPS

- Save up for a special family trip
- Go on a road trip
- Visit a new national park

MAKING A DIFFERENCE

- Volunteer together
- Do a street, park, or ocean clean-up
- Start a community garden

- Start a family book club
- Use Conversation Cards
- Take a class together
- Start a family hobby

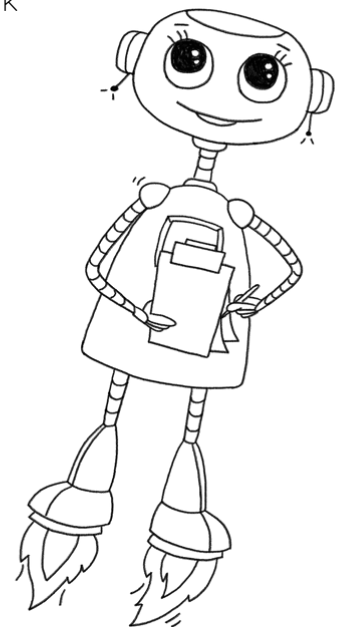
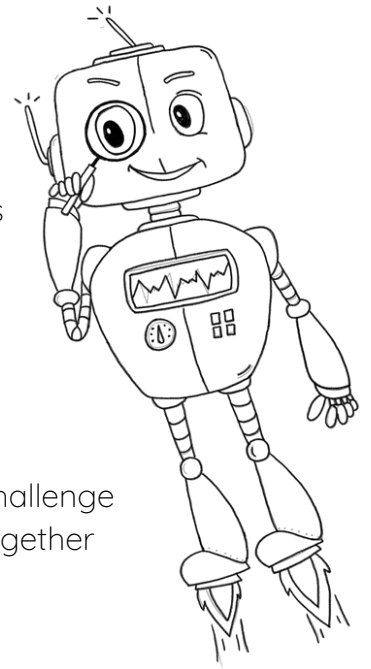
- Participate in a fun run
- Do a daily meditation challenge
- Do weekly meal prep together

- Make an emergency safety plan
- Create a family yearbook

- Graduations
- Course completion
- College acceptance

- Go someplace new
- Go fishing together
- Go fruit picking together

- Learn to recycle or upcycle
- Support an organization
- Make a donation



MY MONTHLY REVIEW

MONTH: _____

My favorite part of the month:

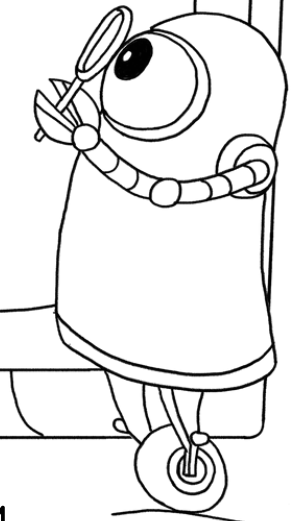
What I learned this month:

NEXT MONTH

○ I want to KEEP doing:

○ I want to STOP doing:

○ I want to START doing:



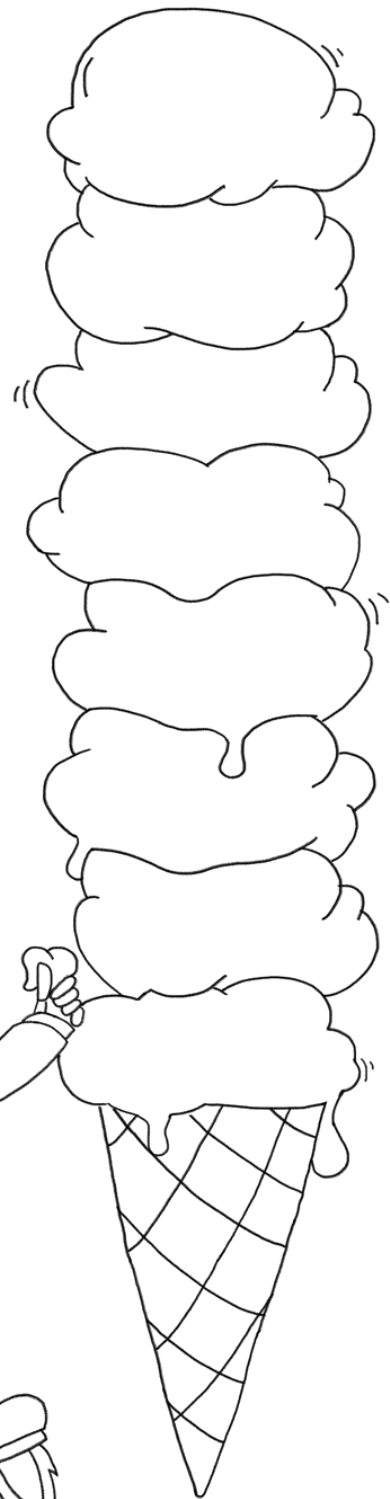
MY SAVINGS TRACKER



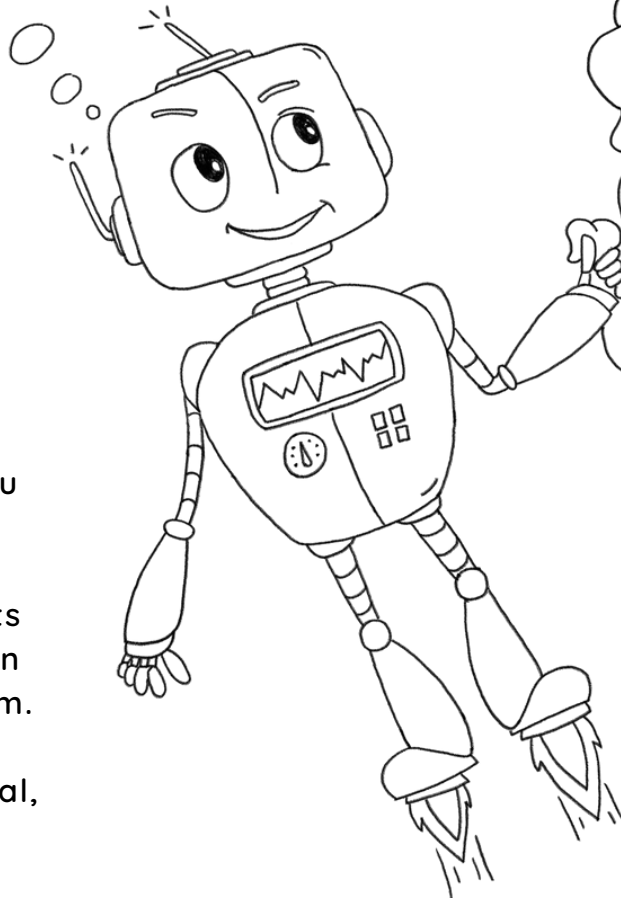
Saving for: _____

I already have: _____

I need to save: _____



My goal:



Work out how much you need to save to reach your goal. Divide that amount into equal parts and write them down on each scoop of ice cream. Each time you add money toward your goal, color in the scoop.

MY SAVINGS TRACKER

Work out how much you need to save to reach your goal. Divide that amount into equal parts and write them down on each balloon. Each time you add money toward your goal, color in the balloon.

I already HAVE: _____ I need to SAVE: _____





MY HOLIDAY WISH LIST



Something I WANT

Something I NEED

my favorite color

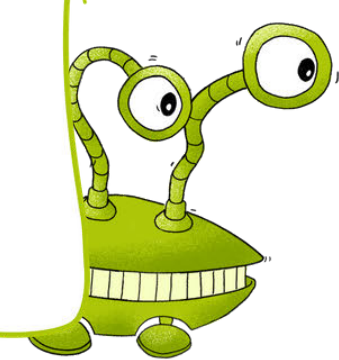
my favorite activity

my favorite store

my favorite food

Something to READ

Something TO GIVE



New Year

CONVERSATION CARDS


These conversation cards are a fun way to look back and remember the nice things that happened this year, and think about what you're looking forward to next year. Cut them out and take turns answering them on New Year's Eve, during family time, or when talking to friends!

What was your
favorite food in
2020?


What's one thing
you practiced the
most in 2020?

What's one word
that describes
2020?

What was your
favorite game in
2020?



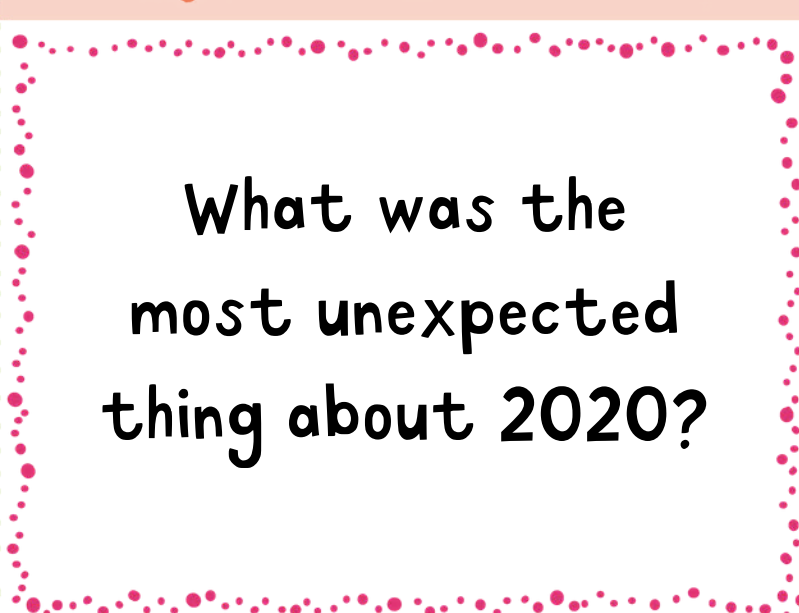
What's the best
advice you heard in
2020?



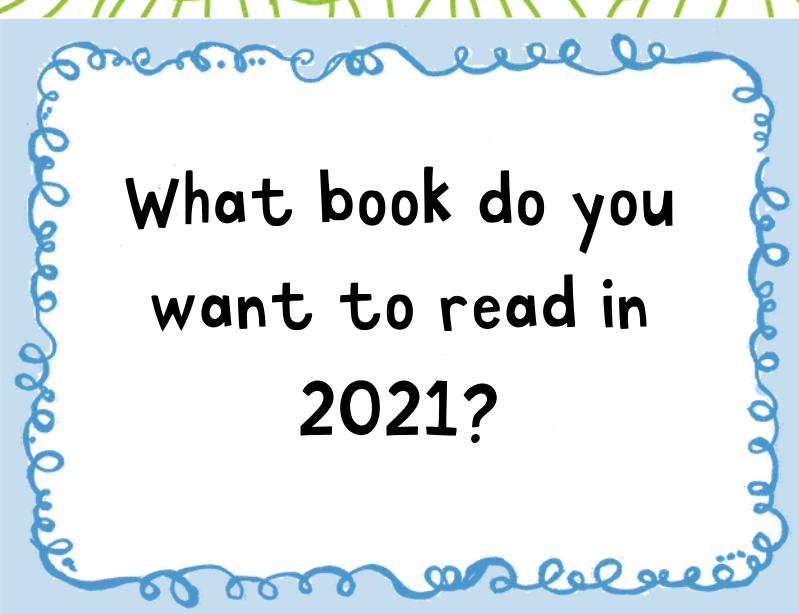
What was your
favorite activity
in 2020?



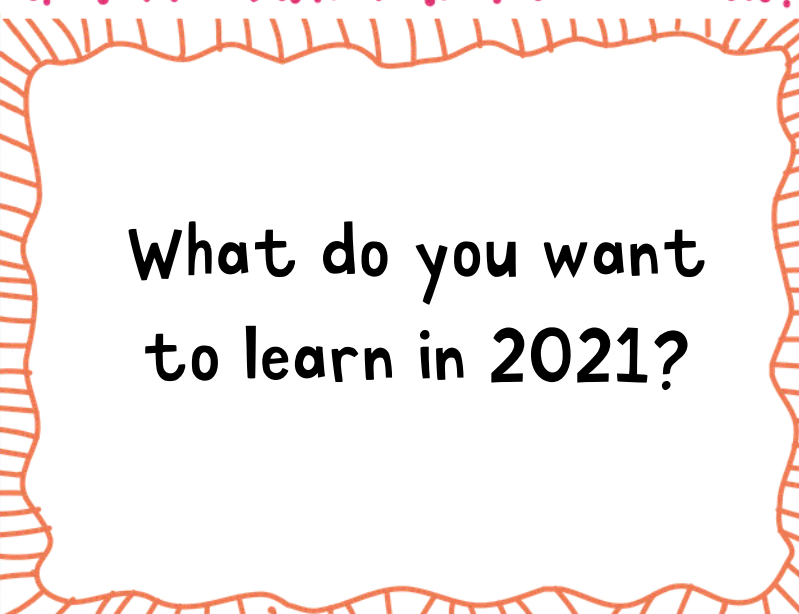
What is your
favorite memory
from 2020?



What was the
most unexpected
thing about 2020?



What book do you
want to read in
2021?



What do you want
to learn in 2021?

What new activity
do you want to
try in 2021?

What's your
biggest hope for
2021?

What place do you
want to visit in
2021?

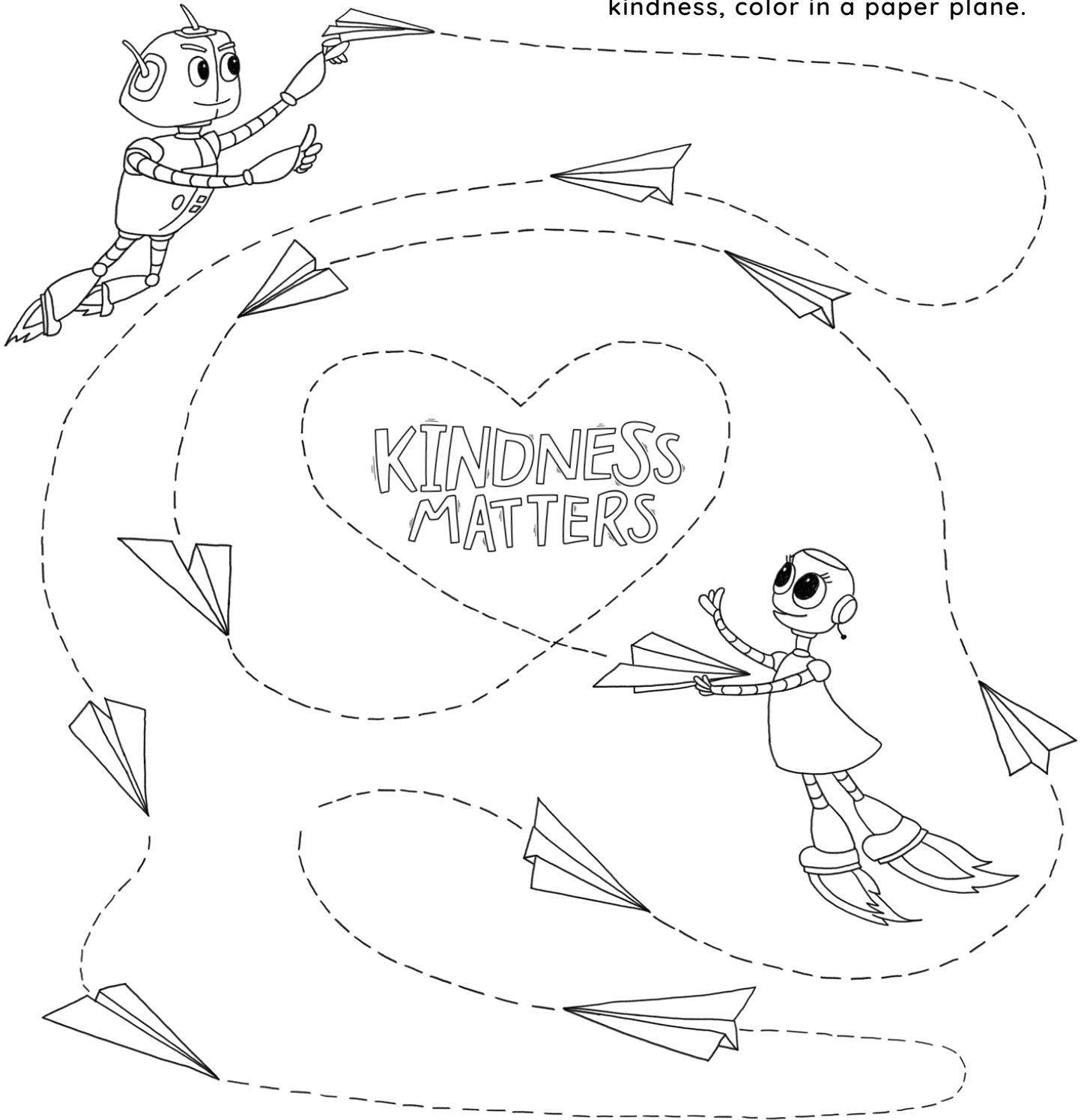
Who do you wish
you could meet in
2021?

What are you
most excited
about in January?

What are you
looking forward to
in the new year?

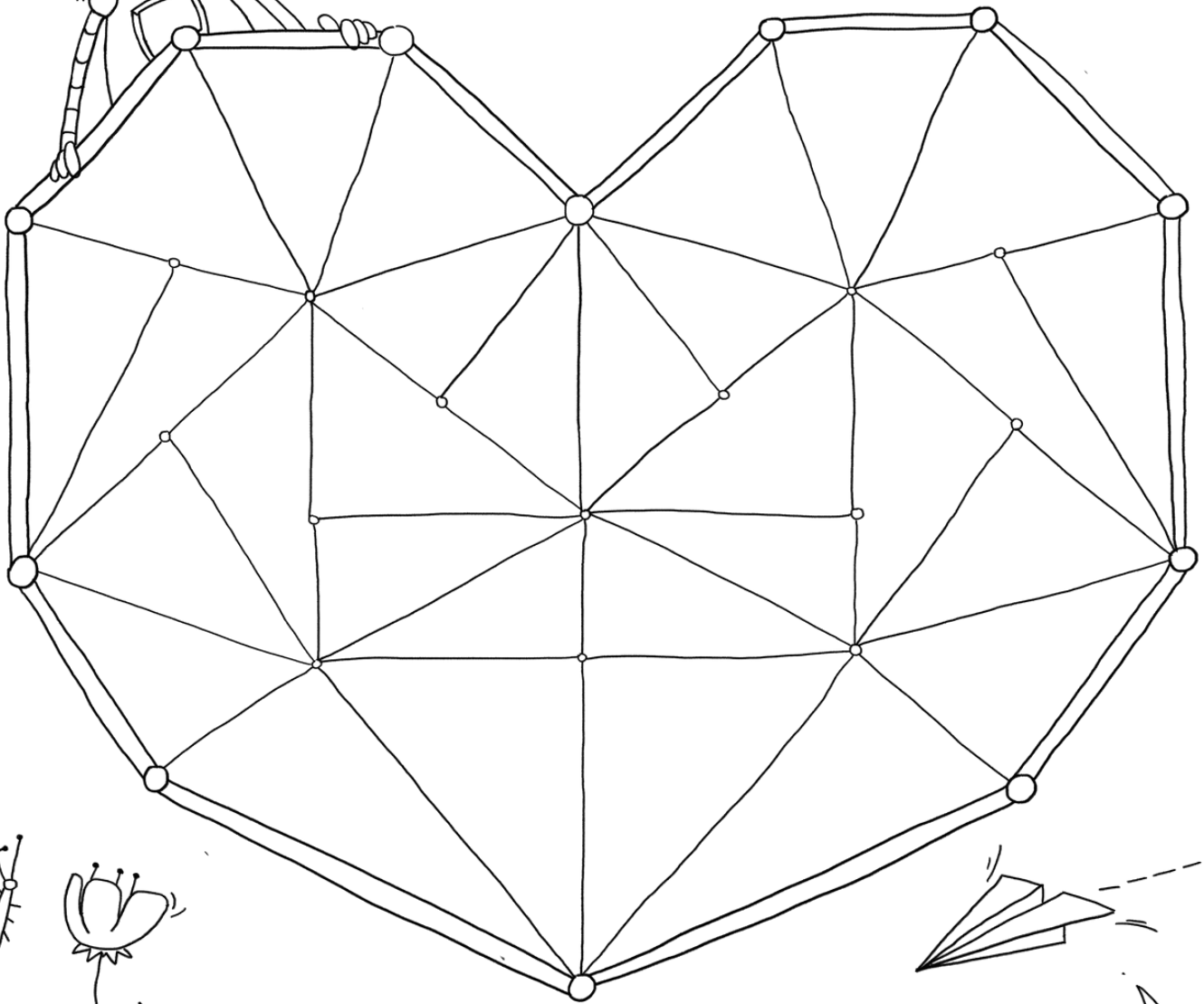
OUR FAMILY ACTS OF KINDNESS TRACKED

Every time you perform an act of kindness, color in a paper plane.



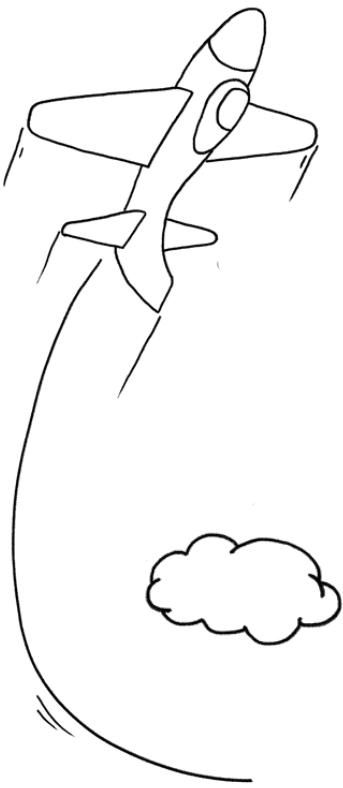
OUR FAMILY ACTS OF KINDNESS TRACKER

Every time you perform an act of kindness, color in a section of the heart.



Travel Bucket

LIST





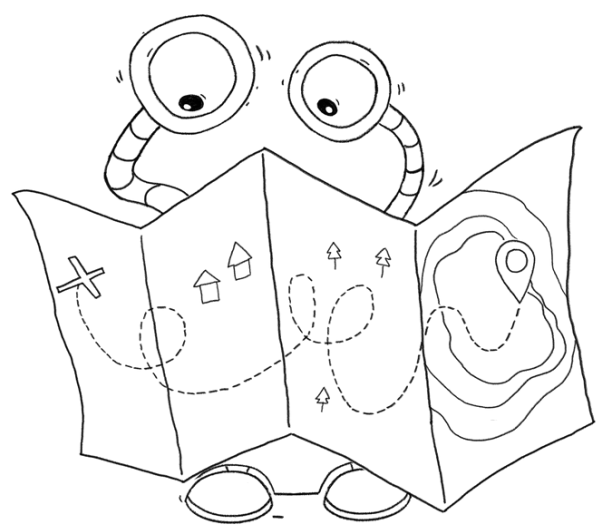
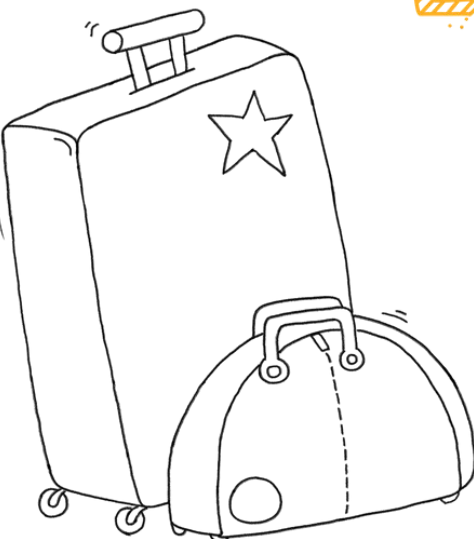






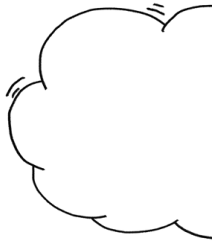
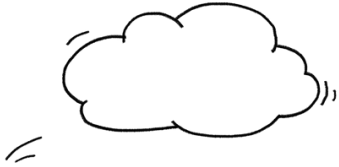




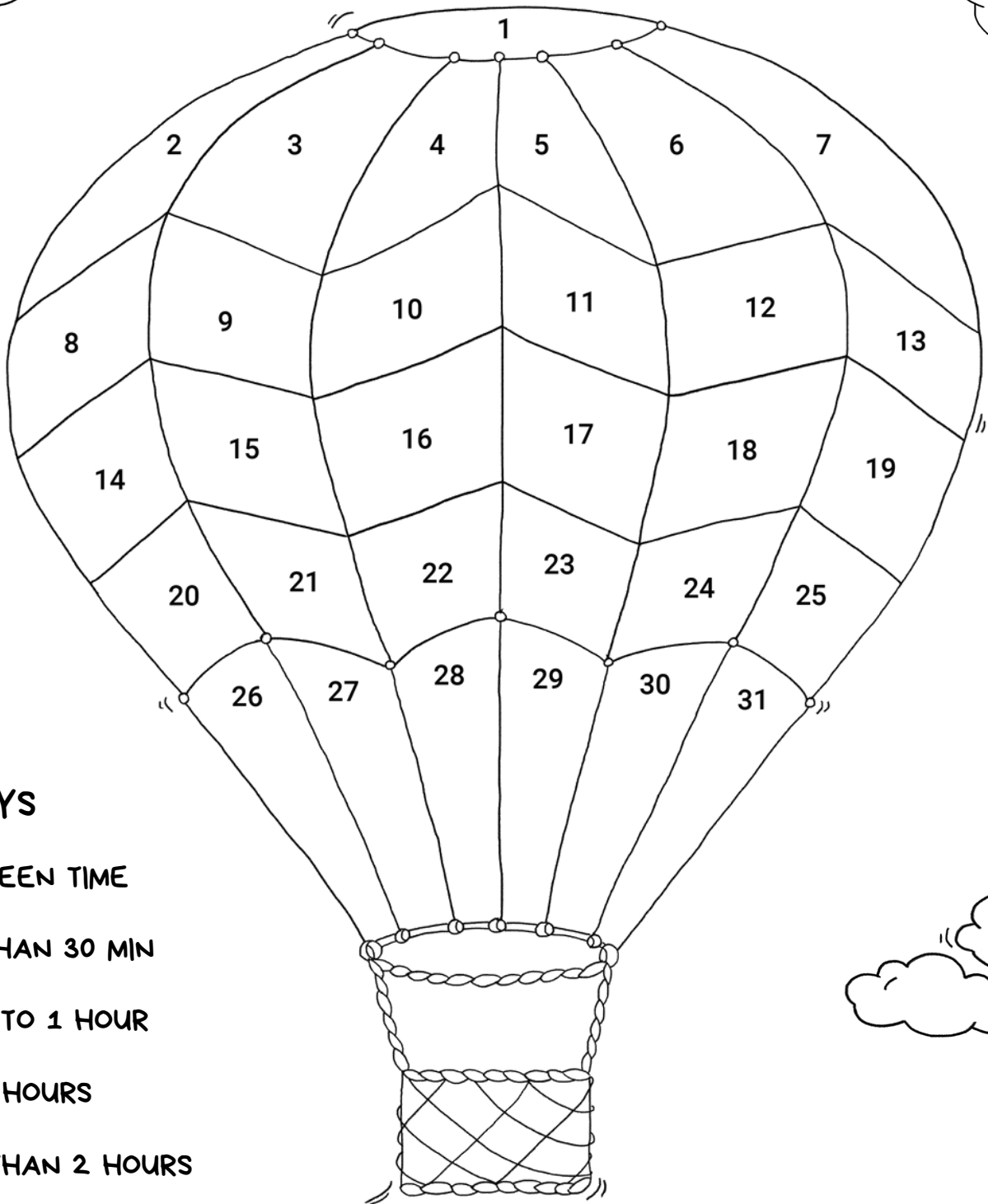


MY SCREEN-FREE TRACKER

MONTH _____



Color the squares below with different colors to create your key. Track your daily screen time by coloring in no. 1 of the 31 parts of the hot air balloon according to your color keys.



COLOR KEYS

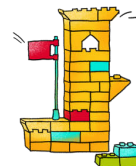
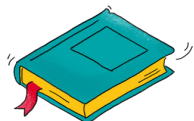
- NO SCREEN TIME
- LESS THAN 30 MIN
- 30 MIN TO 1 HOUR
- 1 TO 2 HOURS
- MORE THAN 2 HOURS

SCREEN-FREE ACTIVITIES

I CAN DO BY MYSELF

Big Life Journal

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an "All About Me" board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat's Cradle
- Write a letter to my pen pal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO® bricks
- Play Mad Libs and word searches
- Learn to juggle
- Make a Rube Goldberg machine with household items



SCREEN-FREE ACTIVITIES

I CAN DO WITH SOMEONE

Big Life Journal

- Play hide and seek
- Have a figure skating competition in our kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for our family
- Play school
- Read to each other
- Use socks as puppets and have our own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor "camp out"
- Host a radio show
- Play store
- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc.) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc.) to make our own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game
- Sing karaoke
- Do a science experiment
- Put on a shadow puppet show using a flashlight



TRY NEW THINGS Bingo

Big Life Journal

When we try new things, our brain GROWS bigger! Write or draw a new thing you tried in the boxes below. Complete one or more rows of squares (vertical, horizontal, or diagonal) to get BINGO!

New food

New game

New book

Start reading
a nonfiction
book

Your choice

Make a

Try a new
snack

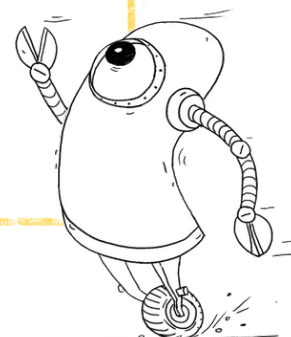
Try a new
card game

Read a comic
strip

Draw a

Try a new
vegetable

Try a new
board game



KINDNESS ACTIVITY



Kindness Rocks are a wonderful way to spread joy and leave encouraging messages for others. You can hide them for people to find (for example, around your neighborhood or school) or simply give them to friends and family.

Step 1 Gather rocks

Find rocks at a local landscaping business or your neighborhood park. Be careful not to take too many rocks from nature as it can disrupt the environment.

Step 2 Prepare rocks for painting

Rinse your rocks well and allow them to dry completely. If you want more vibrant colors, start with a white base coat (you might need a couple layers of paint). Allow the paint to dry in between coats.

Step 3 Choose the right paint

You can use a brush and non-toxic acrylic craft paint or paint pens for your rocks.

Step 4 Have fun creating!

First, paint your rocks solid colors and let them dry. Next, write kindness messages (ideas are provided on the next page) with a fine- or medium-size marker and include drawings and other decorative elements. Finally, seal rocks with Mod Podge or another kind of clear varnish (optional).

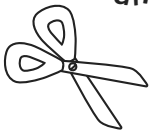


MESSAGE IDEAS FOR YOUR KINDNESS ROCKS

- You Make A Difference
- Thank YOU!
- You ROCK
- We appreciate you
- You matter
- You've got this
- Choose kind
- Focus on the good
- Have a good day!
- You CAN!
- You're awesome!
- Smile!
- We believe in you!
- Choose to be happy
- You are loved
- Be Yourself!
- Reach for the stars
- Make today great
- [YOU DECIDE!]
- Shine bright!
- You can do hard things
- Keep chasing rainbows
- You're a gift to the world
- Enjoy the little things
- You can move mountains
- You are braver than you think
- Keep going until you're proud
- You make the world a better place
- If you can dream it, you can do it
- There's only one YOU!

KINDNESS ROCKS BASKET

You can also make a Kindness Rocks Basket for your holiday party or any other gathering or event. Use the sign below to add to your basket and write a personal message in the open space.



KINDNESS ROCKS

TAKE ONE FOR YOU

SPREADING **KINDNESS** THIS HOLIDAY SEASON!

 Big Life Journal
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 Big Life Journal

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KINDNESS ROCKS BASKET

Make a Kindness Rocks Basket for delivery drivers this holiday season to thank them for their hard work. Put your rocks into a basket and place it on your front porch with snacks for them to enjoy.

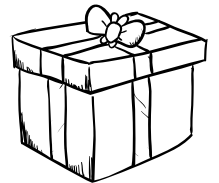
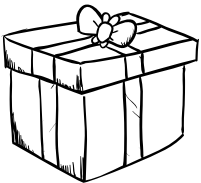


Big Life Journal

THANK YOU

DELIVERY DRIVERS

FOR DELIVERING OUR PACKAGES!



TAKE ONE!

WE MADE THESE KINDNESS ROCKS FOR YOU :)

Big Life Journal

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WE DON'T GROW WHEN



things are easy

WE

GROW

— when we —

FACE

CHALLENGES

it is
OKAY
— TO BE —

BRAVE

— and —

AFRAID

at the

SAME TIME

—BRENÉ BROWN

Every
CHALLENGE
is an
OPPORTUNITY
to be
CURIIOUS
and
BRAVE.

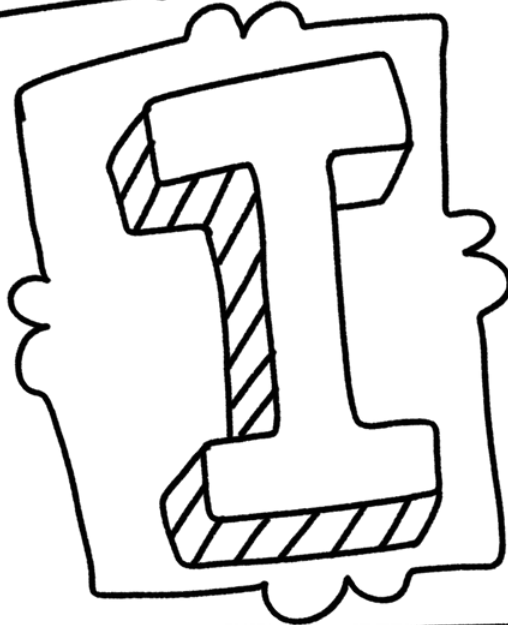
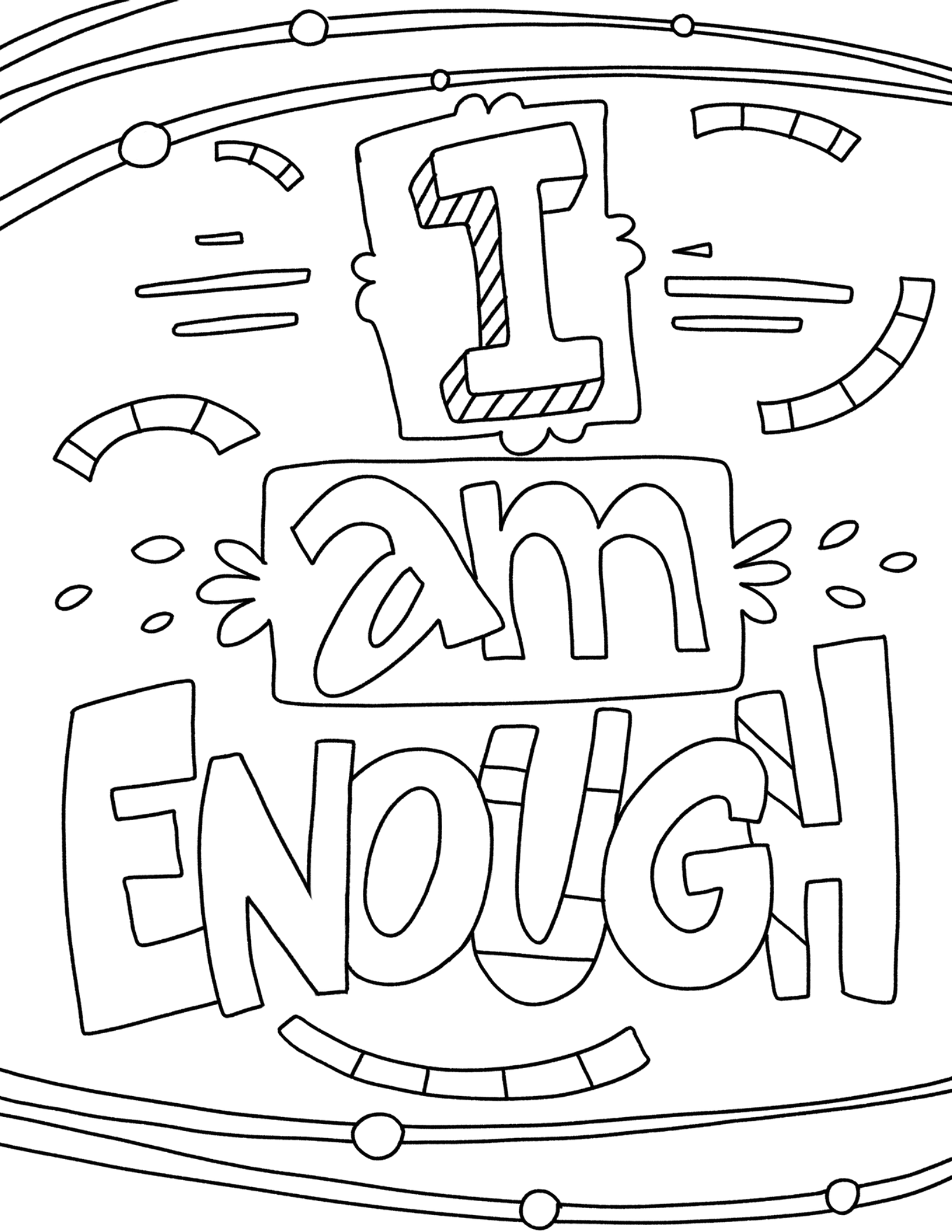
Hard things become **EASY** ✨ ✨ ✨

WHEN WE

PRACTICE ✨ ✨ ✨







am

ENOUGH

Take
a deep
breath
AND
DO YOUR BEST