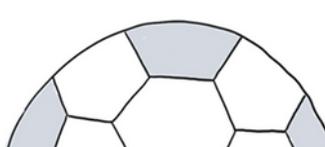




2021 dream plan grow



 Big Life Journal

biglifejournal.com

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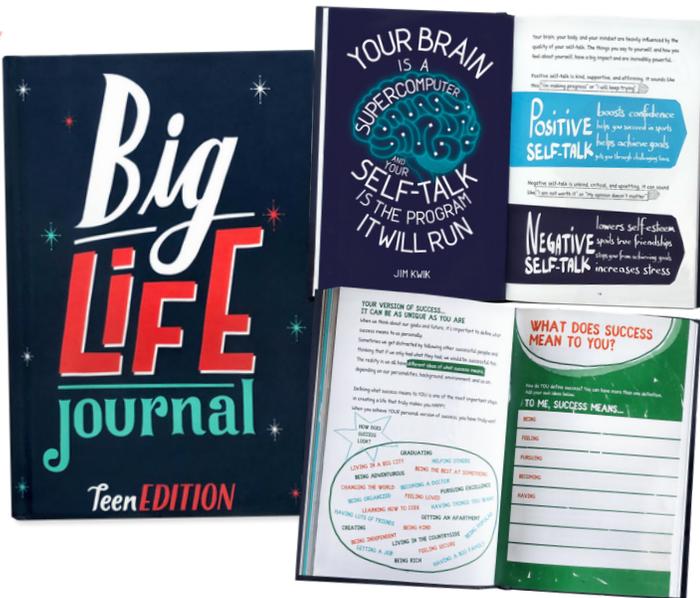
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GROWTH MINDSET

products for tweens & teens

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



BIG LIFE JOURNAL TEEN EDITION (AGES 11+)

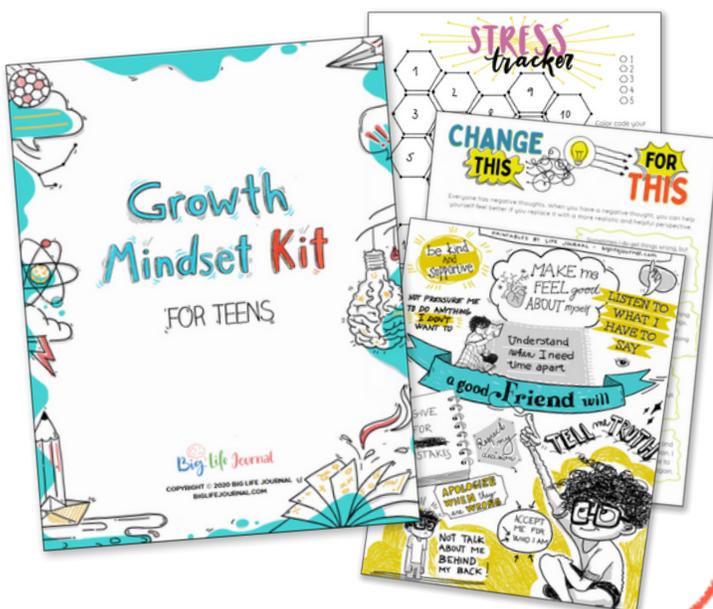
This guided, science-based journal helps tweens and teens develop a resilient, growth mindset so they can grow into confident, happy adults. It helps teens discover the power of their brain, turning negative self-talk into thoughts that are positive and empowering.

[CLICK HERE TO LEARN MORE](#)

GROWTH MINDSET KIT FOR TEENS (AGES 11+)

This Growth Mindset Printable Kit is a collection of reflective writing prompts, posters, activities, and coloring pages designed for ages 11 and above. This engaging kit (50 pages) helps tweens and teens take charge of their mindset and develop good habits.

[CLICK HERE TO LEARN MORE](#)

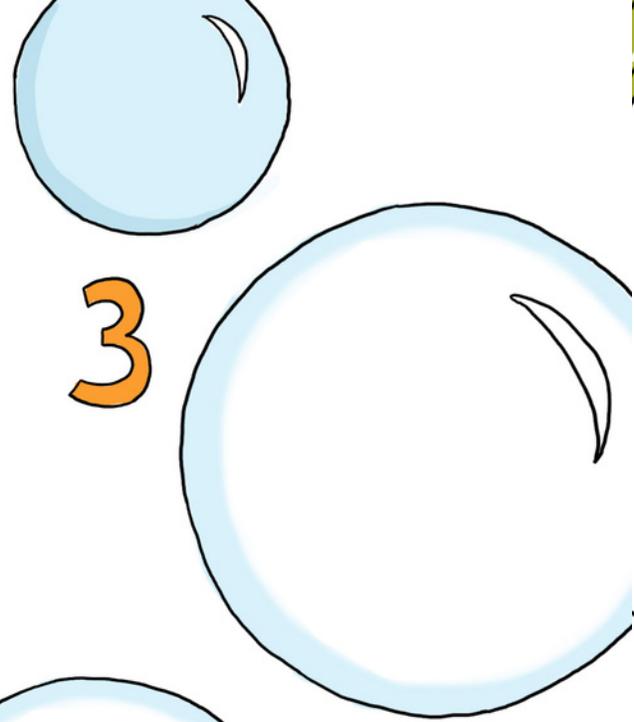
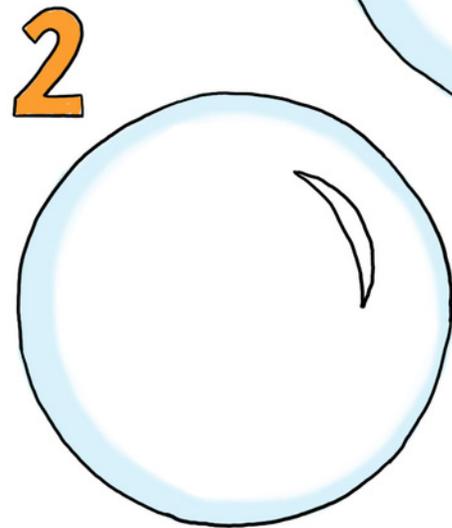


Big Life Journal

BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM



3 words that describe my year



My top 3 accomplishments

1.

2.

3.

3 people who inspired me in 2020



A lesson I learned

How I helped someone



**my 2020
in review**



**Something I did in 2020 that
made me feel proud**



My Current Favorites

Book

Song

Movie

Show

Game

Food

Drink

Place to be

People

Color

Season

Blog

Celebrity

Influencer

Brand

Store

Technology

Sport

Thing to learn about

Thing/person to dream about

GETTING TO KNOW MYSELF

Grab a notebook or blank sheets of paper. Choose one or more questions below and start writing your thoughts.

- What do I want most in life?
- Who has had the greatest impact on my life and why?
- What worries me most about the future?
- If I could talk to my younger self, what would I would say?
- What are the life principles I'd like to live by?
- What do I wish others knew about me?
- What is the most important thing I learned outside of school?
- What do I wish they taught in school?
- What does my ideal life look like?
- If I had five minutes and the whole world was listening, what would I say?
- A list of things that can be improved in the world.
- A list of things I want to do, learn, or become in life.
- A list of everything that inspires me (books, websites, quotes, people, stores, art, etc.).



WHAT I THINK...

I am happiest when

I am proud that I

I get upset when

What matters most in my life is

I feel it's important for me to

One bad habit I want to drop is

One thing I want to improve in the world is

The most important quality in a friend is

In 2021, I Will

DO LESS

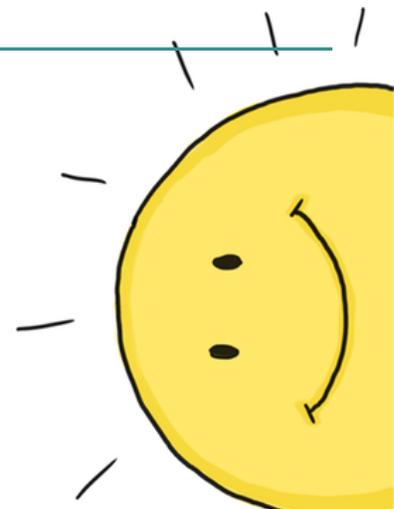
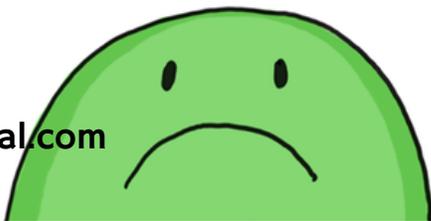
Complaining

Comparing myself to others

DO MORE

Focusing on the positive

Asking for help



IT WILL BE A GREAT YEAR!

Advice I want to give myself as I begin the new year

A big project I want to work on in 2021

3 things I want to learn in 2021

Something I want to get better at in 2021

What I am excited about the most for 2021

GOALS

2021

Personal Goals

Health Goals

Relationship Goals

Financial Goals

Learning Goals

Other Goals

2021 MONTHLY GOALS

January

February

March

April

May

June

July

August

September

October

November

December

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.

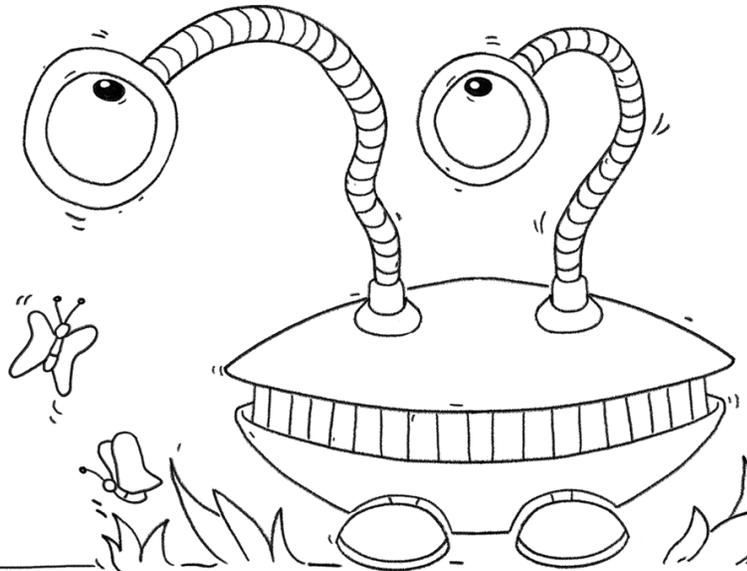
1. _____
2. _____
3. _____

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

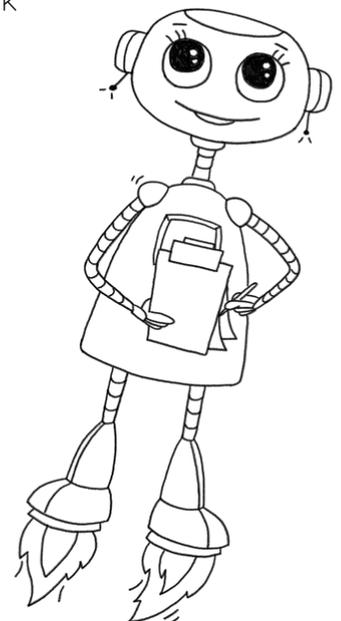
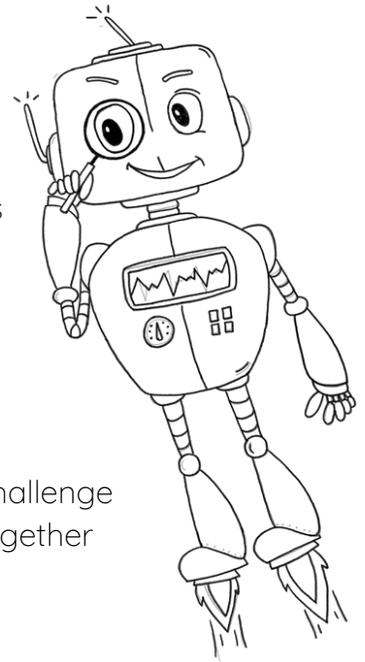
- Participate in a fun run
- Do a daily meditation challenge
- Do weekly meal prep together

- 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 GOAL PLANNER

MY GOAL

COMPLETE BY: _____

MY ACTION PLAN

TASK:	Complete by:	Actual completion date:

POTENTIAL OBSTACLES:	How I will address this challenge when it arises:

SMART Goal Examples

You may have set goals in your past that were difficult to achieve because they were too vague or unachievable. Creating SMART goals can help you

SPECIFIC: Be as clear and specific as possible with what you want to achieve.

MEASURABLE: Set goals you can measure.

ACHIEVABLE: Set goals you can reasonably accomplish within a certain time frame.

RELEVANT: Each of your goals should align with your values and larger, long-term goals.

TIME-BASED: Set an end-date for your goal.

Personal Goals

- Live at least 3 months in a foreign country by the time I'm 20.
- Journal about my day for 20 days in a row.
- Get an internship at a local art museum this summer.

Health Goals

- Go for a 20-minute run every Monday and Friday.
- Drink 8 glasses of water a day.
- Eat one veggie meal a day.

Relationship / Family Goals

- Write one email a week to my grandma.
- Send birthday cards to all my cousins this year.
- Do one unexpected kind thing for a friend.

Learning Goals

- Attend a major IT conference this year.
- Read 5 books about entrepreneurship by July.
- Practice skateboarding once a week for at least an hour.

Other Goals

- Save \$200 by March.
- Film one YouTube video a week.
- Volunteer at a local animal shelter once a week.

SMART Goal Check

My GOAL: _____

Is my goal SMART?



Specific: What exactly will I accomplish?



Measurable: How will I know when I have reached my goal?



Attainable: Is attaining this goal realistic? Do I have the resources to achieve this goal or how can I get them?



Relevant: Why is this goal important to me?



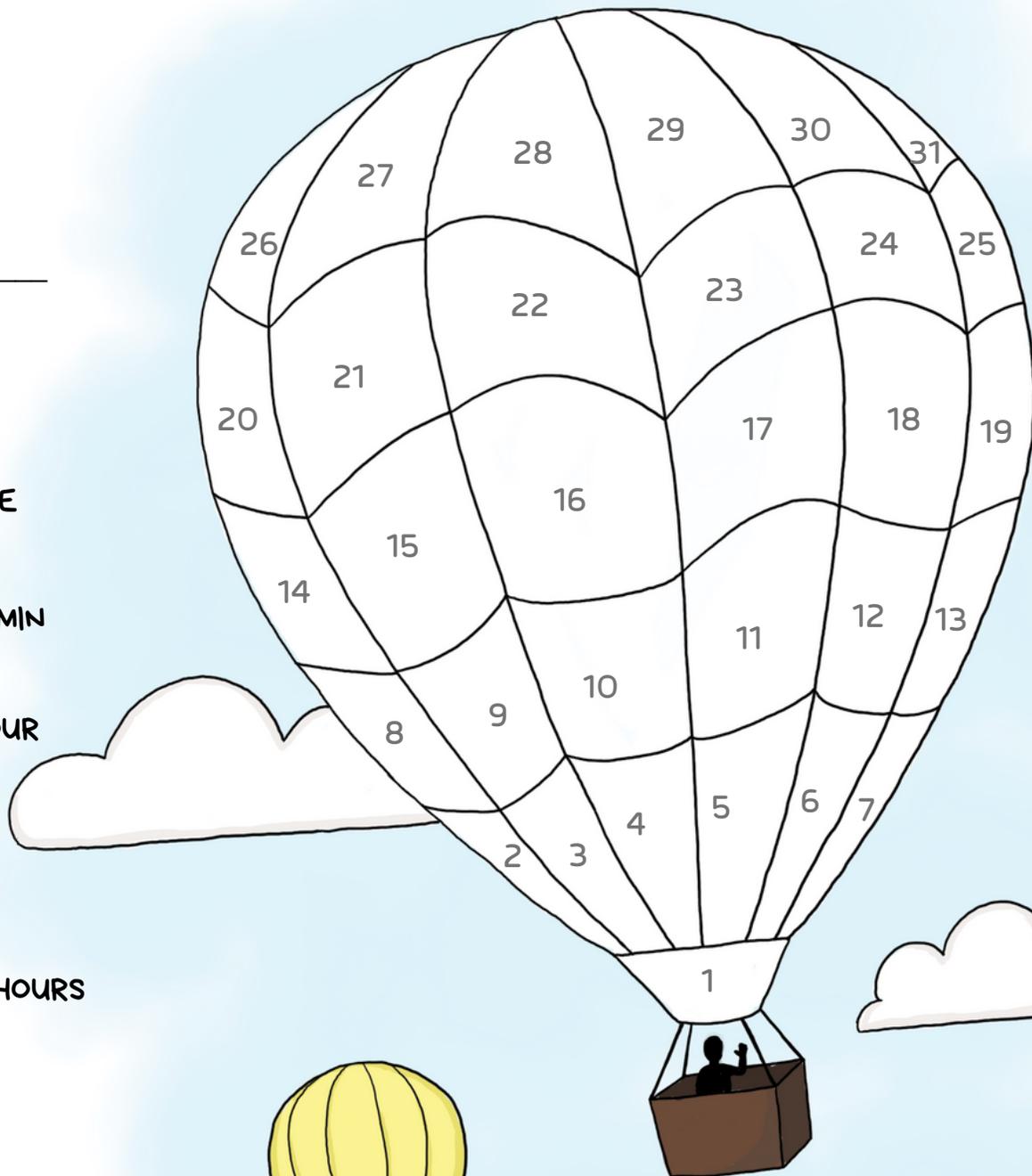
Time-Based: When will I achieve this goal?

SCREEN-FREE time tracker

MONTH _____

COLOR KEYS

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



Color the squares above 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.



SCREEN-FREE activities

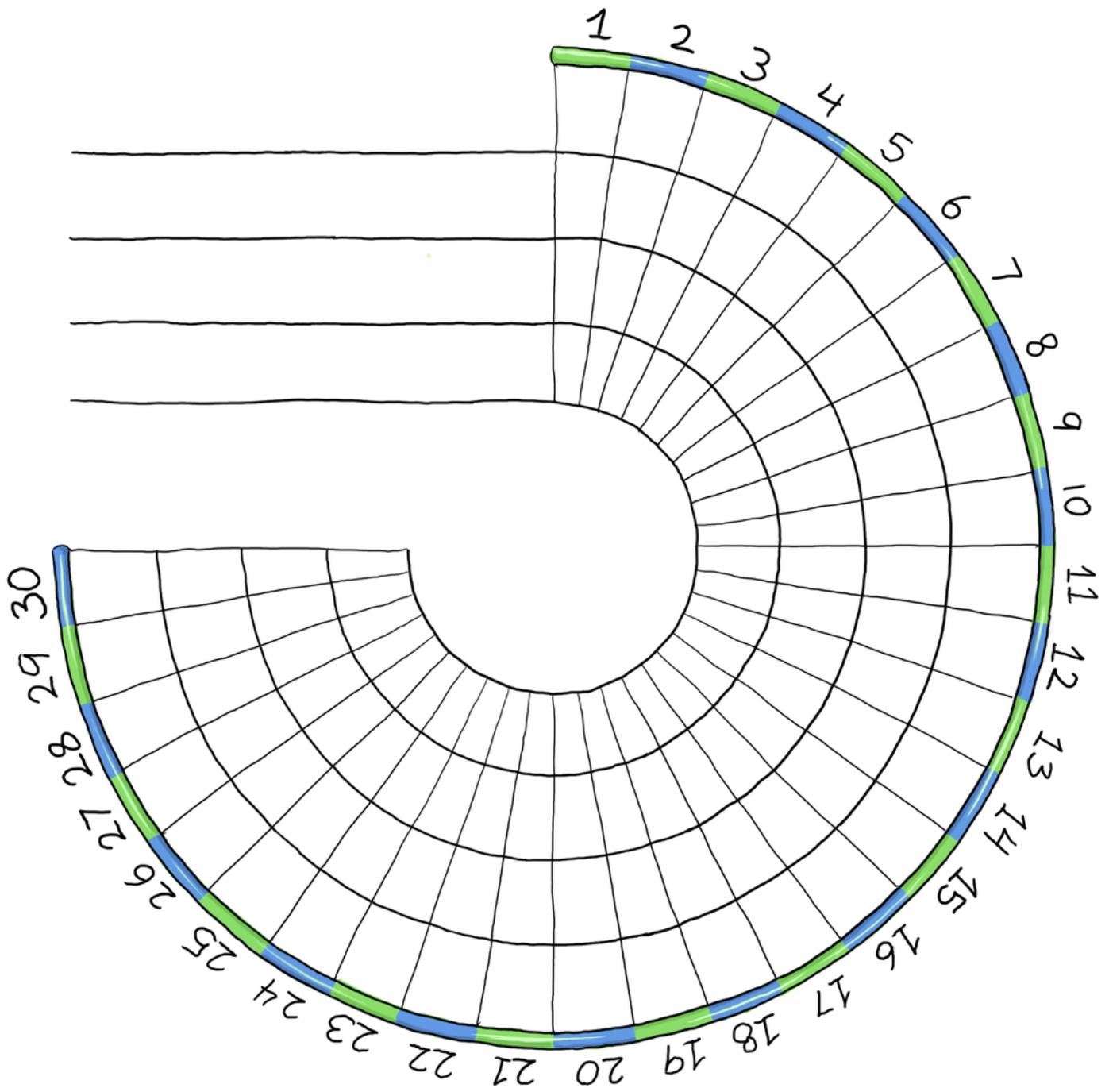


- Play a board game
- Do a puzzle
- Journal
- Practice meditation
- Research something new and just for fun
- Read a book
- Paint or draw a self-portrait
- Practice a musical instrument
- Plan a dinner and cook it
- Bake something
- Volunteer
- Make a vision board
- Try calligraphy
- Learn origami
- Research and create your family tree
- Interview someone from a different generation
- Go for a nature walk
- Study outdoor survival skills
- Go on a photo hunt to take photos of inspiring people, things, and nature
- Mentor a younger child
- Write a poem or a song
- Do a science experiment
- Find out how something works
- Build a tower out of cards
- Learn how to play dominos
- Play Sudoku or do a crossword puzzle
- Learn magic tricks and do a show for your family
- Learn to garden
- Get (or borrow) a telescope and study the stars
- Paint pictures or affirmations on rocks
- Do yoga
- Make a list of business ideas
- Plan a dream trip
- Study a new language
- Replicate famous art
- Draw cartoons or comic strips
- Publish a newspaper or magazine
- Write or draw a letter or an email to a penpal or relative
- Make friendship bracelets
- Write and illustrate a short story
- Write a play
- Write and direct a short film
- Fix something that's broken
- Clean out closet and put together a bag of items to donate
- Redecorate or organize bedroom
- Host a fashion show
- Look through photo albums
- Go to the library to find interesting books
- Make a bucket list
- Put together a time capsule
- Make tissue flower bouquets
- Make paper beads from magazines
- Create dough art
- Make pressed flower cards
- Crochet or cross-stitch
- Create a collage
- Hold an art show
- Make up a play to perform for your family
- Go on an indoor scavenger hunt
- Build a volcano out of papier-mâché
- Play balloon volleyball
- Have a Jenga tournament
- Sing karaoke
- Play charades
- Exercise
- Have a spa day
- Design a board game

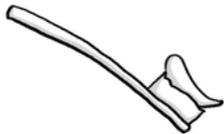


HABIT tracker

This habit tracker will help you form new, good habits. Write the habits you want to form inside the circles (for ideas, see next page). Throughout the month, color the days you followed through on your habits. You can cut the circles out and glue them inside your notebook. Print this page multiple times if you need more circles.



EXAMPLES OF GOOD DAILY HABITS

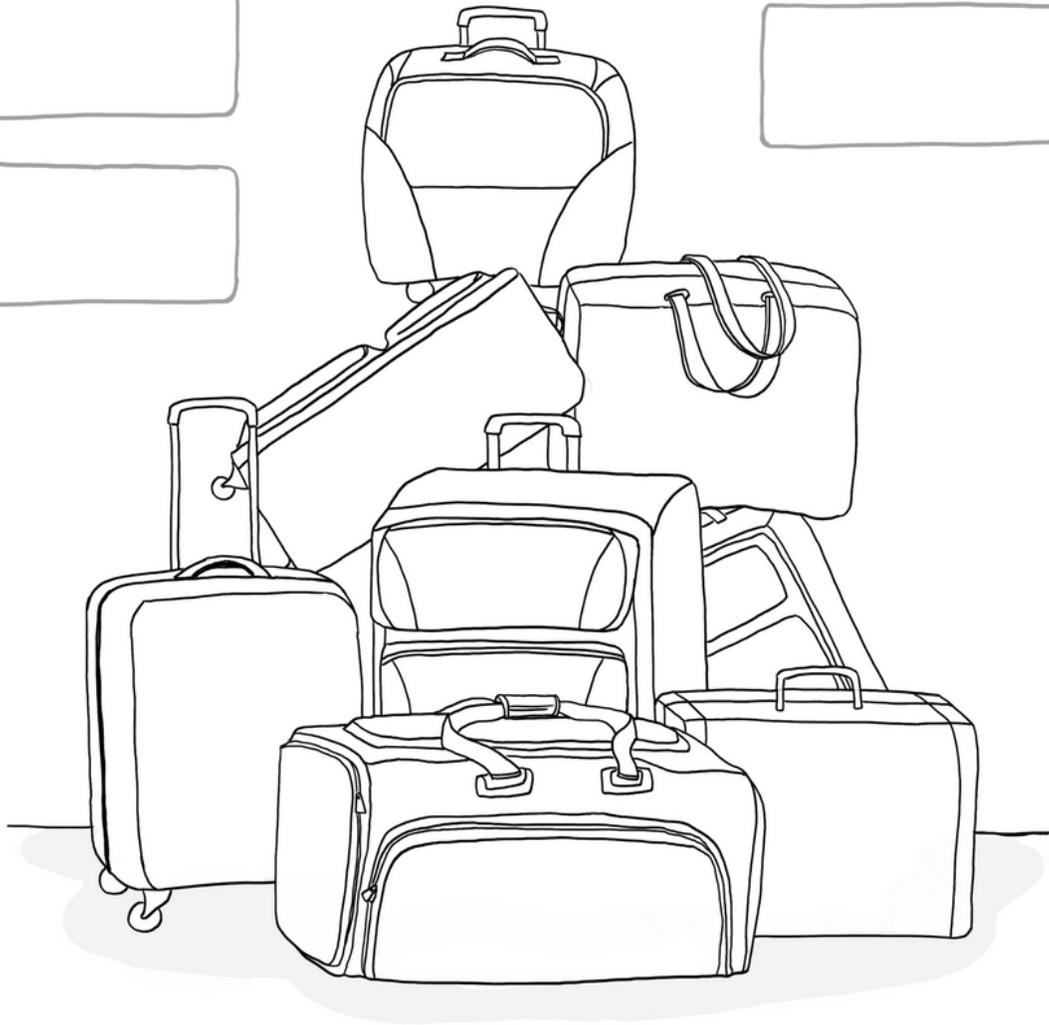


- Wake up before 8 a.m.
- Make your bed
- Brush your teeth in the morning
- Have a healthy breakfast
- Arrive early to class or appointments
- Do something kind for someone
- Spend a maximum of 1 hour on social media
- Drink 6 glasses of water
- Eat at least 2 healthy meals a day
- Eat less sugary foods
- Do at least 30 minutes of exercise
- Walk or bike to school
- Save money
- Meditate
- Take vitamins
- Read a few pages in a book
- Practice affirmations
- Journal your thoughts
- Organize your study space
- Clean up your room
- Brush and floss your teeth at night
- Get at least 8 hours of sleep
- Go to bed before 10 p.m.



MY TRAVEL BUCKET LIST

Think of all the places you want to visit in the future. Write them inside the boxes.



My Mood Tracker

J F M A M J J A S O N D

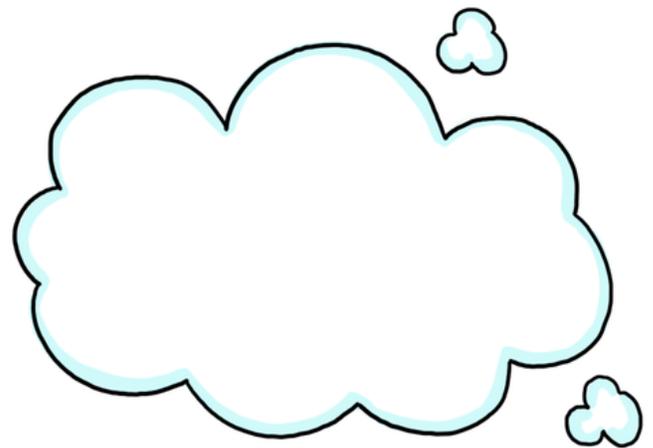
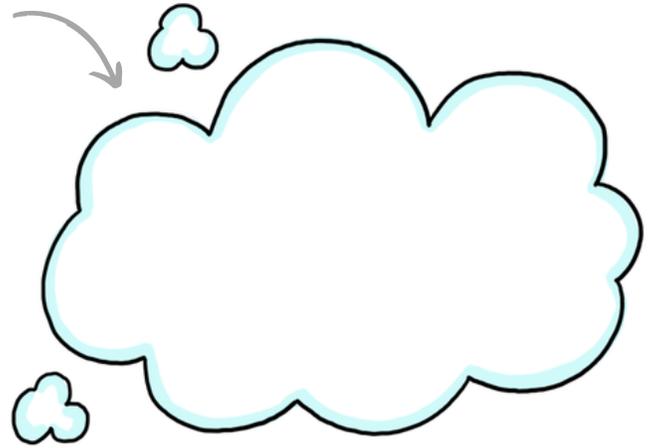
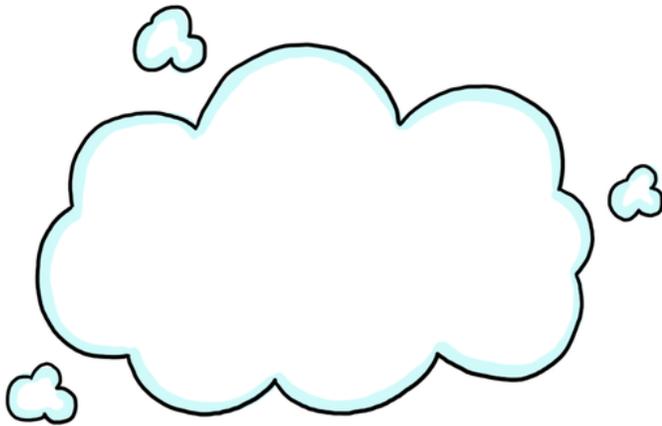
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- Happy, Relaxed, Silly, Content
- Sad, Lonely, Depressed, Insecure
- Productive, Energetic, Motivated, Alive
- Tired, Lazy, Unmotivated, Bored
- Average, Normal, Uneventful, Good
- Angry, Grumpy, Frustrated, Annoyed



WHEN I NEED TO FEEL CALM...

My top 3 calming strategies (deep breaths, meditation, walk, cold shower, sleep, hug, exercise, a talk, etc.)



My calming quotes, words,
or mantras

10 Day GRATITUDE CHALLENGE

- Day 1** Take photos of 5 people or things you're thankful for.
- Day 2** Write 3 things you're grateful for about YOU (your unique personality, skills, talents, style, etc.).
- Day 3** Go on a gratitude walk alone or with someone. While on a walk, list things you are grateful for in the past, present, and future.
- Day 4** Find 3 quotes about gratitude. Write them on post-it notes and place them around your home, on your mirrors, or in your planner.
- Day 5** Write about 3 things in nature you love and are grateful for.
- Day 6** Write about one event in your life you're grateful for.
- Day 7** Take a moment before each meal you eat today to be thankful for it.
- Day 8** Call someone you haven't talked to in a while. Tell them how much you appreciate them.
- Day 9** Write a thank you letter to someone.
- Day 10** Write a thank you letter to yourself.



KINDNESS

is loaning
someone your

STRENGTH

instead of
reminding them
of their

WEAKNESS

DARKNESS CANNOT
DRIVE OUT DARKNESS

only LIGHT
can do that

HATE CANNOT DRIVE OUT HATE

only LOVE
can do that

- Martin Luther King Jr.
biglifejournal.com



IN NATURE,
NOTHING IS PERFECT
AND EVERYTHING IS
PERFECT. TREES CAN
BE CONTORTED, BENT
IN WEIRD WAYS, AND
THEY'RE STILL
BEAUTIFUL.

-Alice Walker
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