

# 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

 **Big Life Journal**

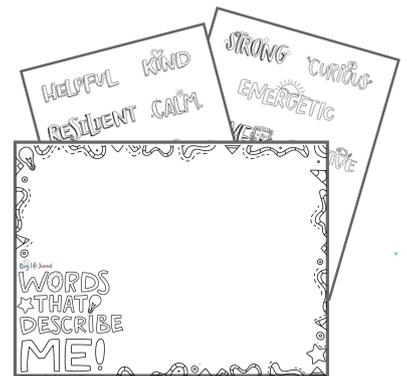
Printables by Big Life Journal - [biglifejournal-uk.co.uk](http://biglifejournal-uk.co.uk)

# WORDS that DESCRIBE ME

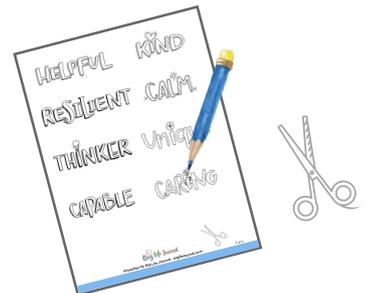
How many loving and positive words can you think of to describe yourself? This activity will give you lots of great suggestions!

## 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).

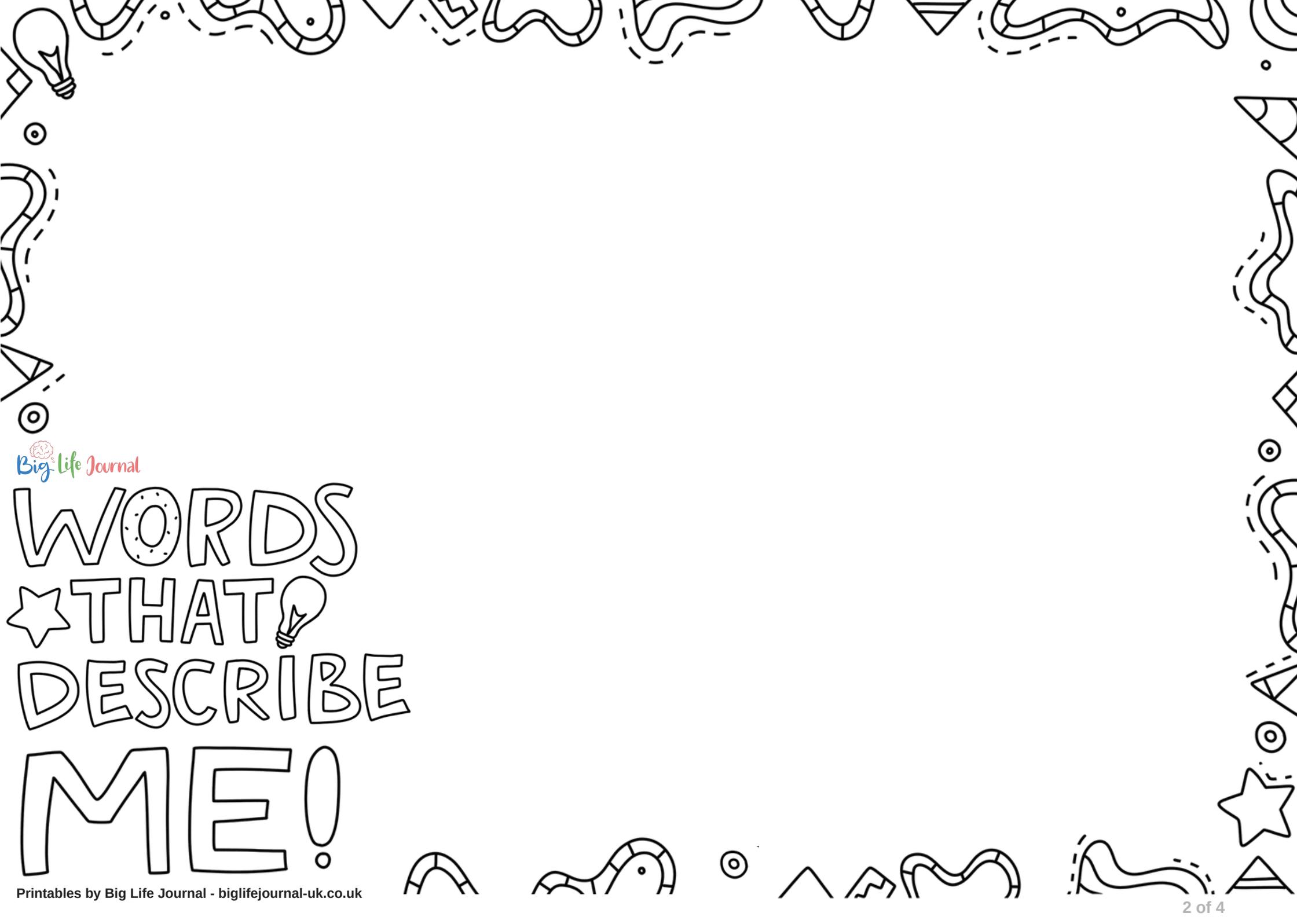


**2** Choose the words that describe you and colour them before cutting them out.



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





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# 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



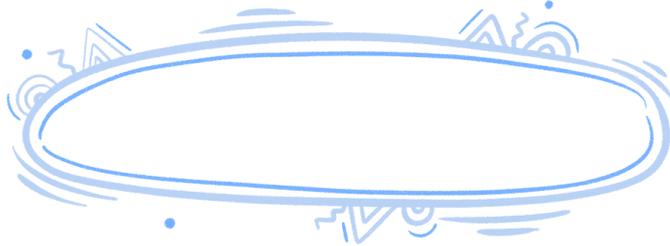
and



It helps me



It keeps me



My brain helps me



With my face I can



My heart is filled with



# MY 'EMOJI' Bookmarks

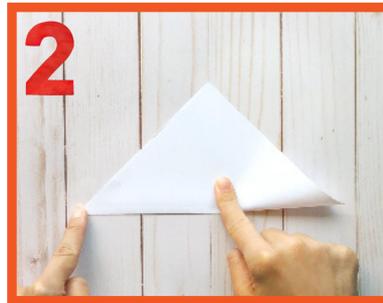
Make bookmarks for your Big Life Journal or another favorite book!



## 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.



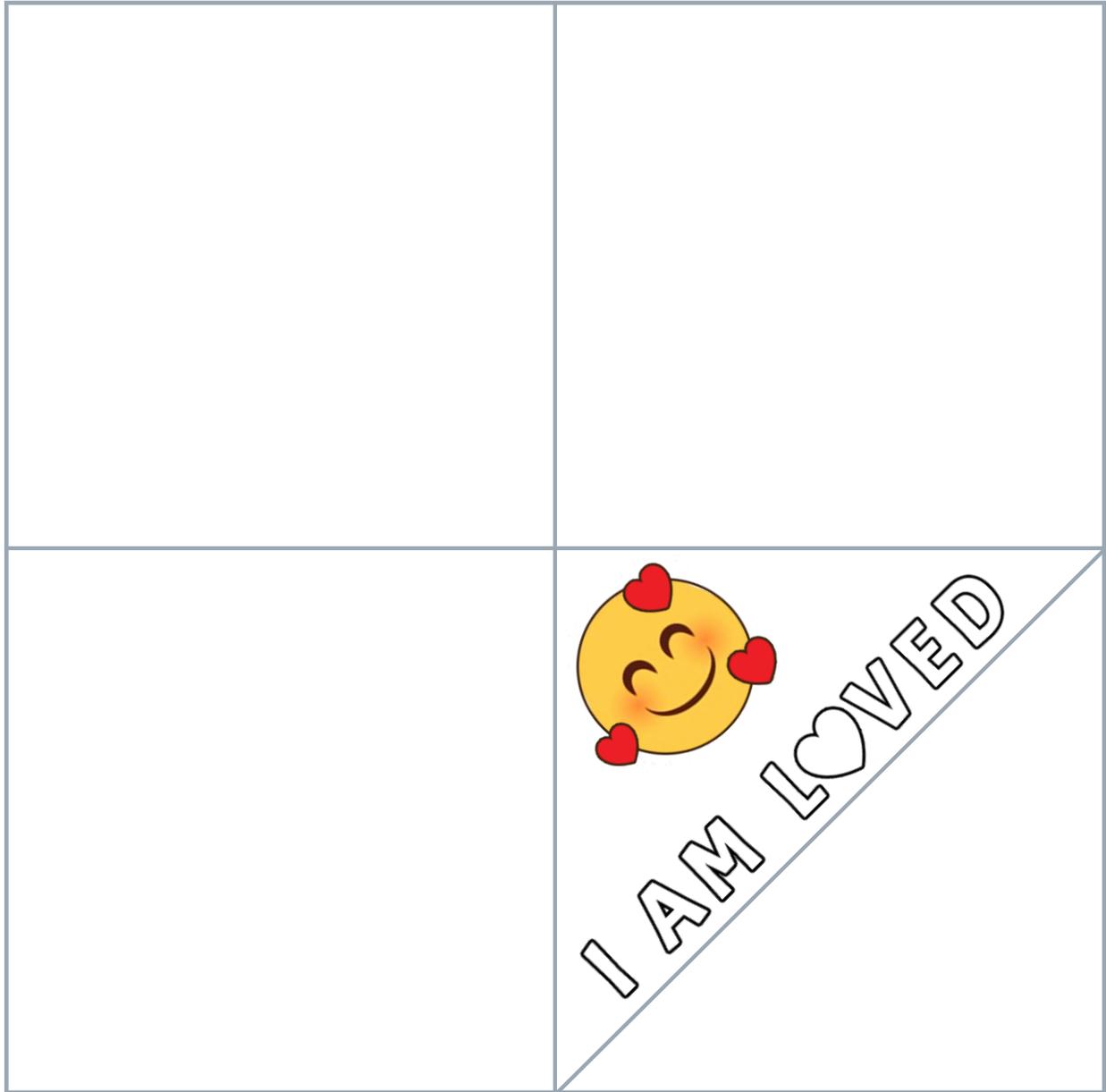
5 Your bookmark is ready to use inside your favorite book or journal!

day 3 **MY EMOJI Bookmarks**

	 <p>I CHOOSE KINDNESS</p>



day 3 My EMOJI Bookmarks



day 3 My EMOJI Bookmarks

	 <p>I AM ENOUGH</p>

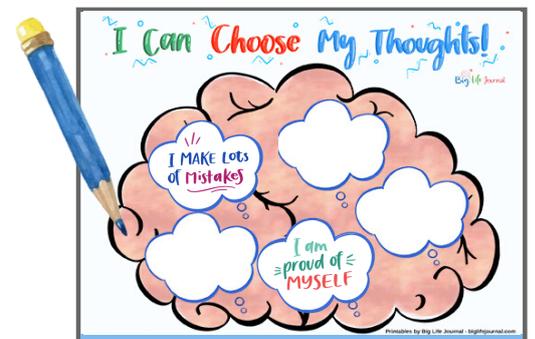


# I Can Choose My Thoughts!

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** Colour 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



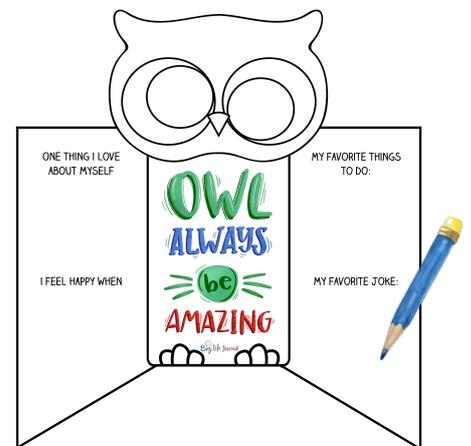
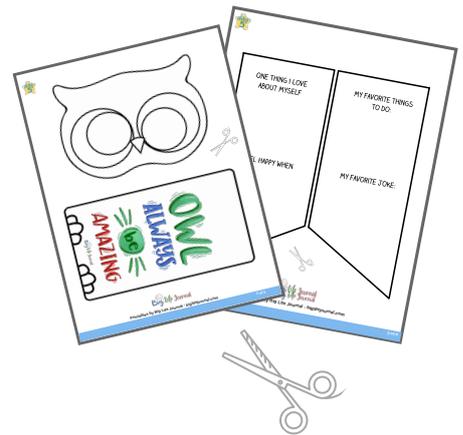
# OWL ALWAYS

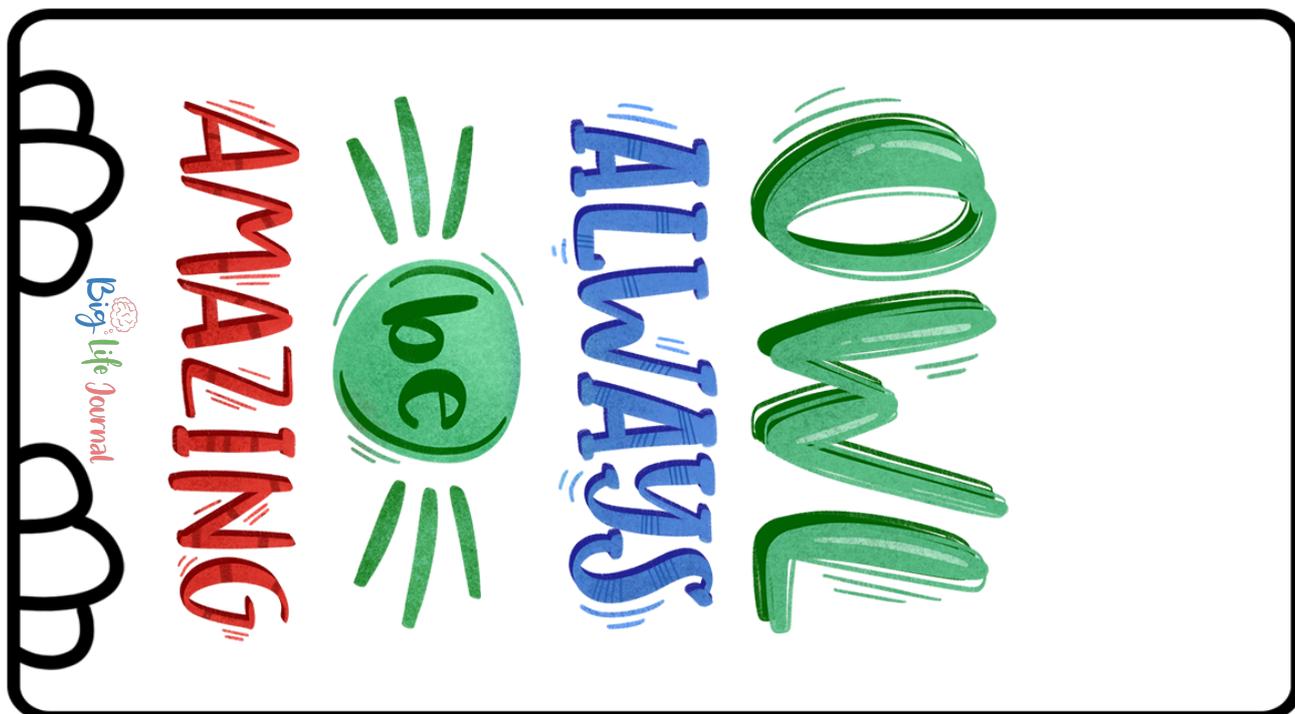
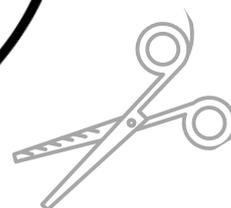
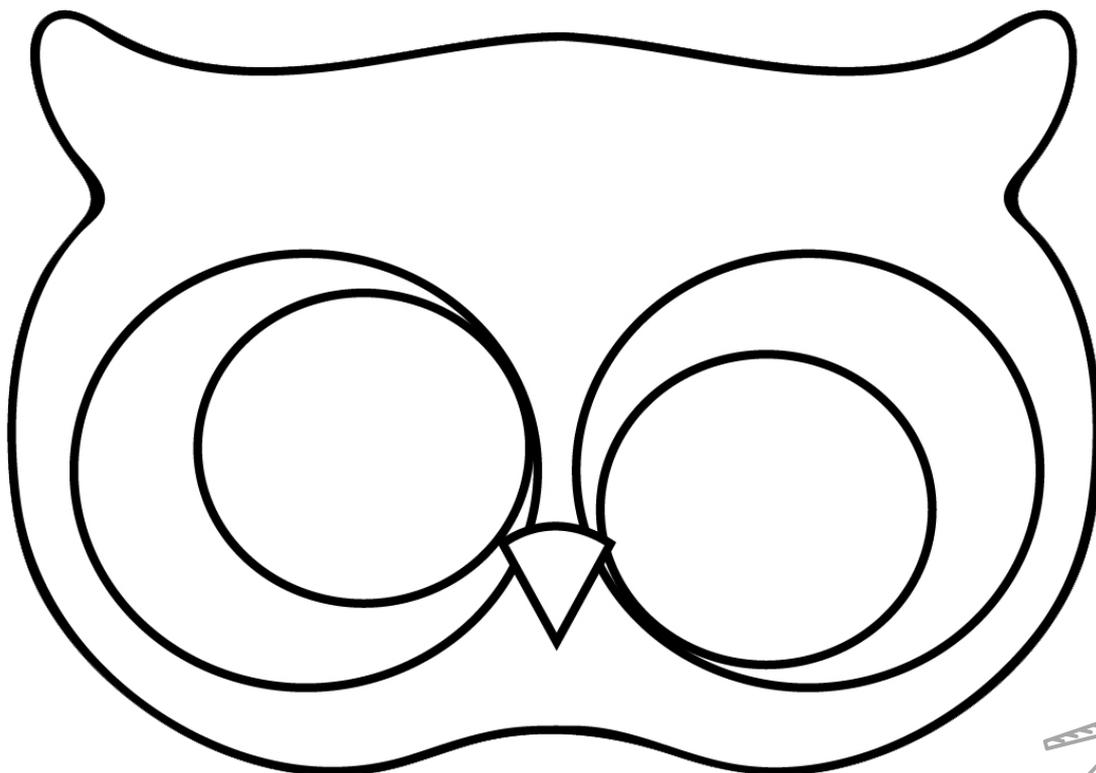
# be AMAZING

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!





ONE THING I LOVE  
ABOUT MYSELF

I FEEL HAPPY WHEN

MY FAVORITE THINGS  
TO DO:

MY FAVORITE JOKE:

