

Big Life Journal for Kids

Ages 7-10

Big Life Journal helps children develop strong Social-Emotional Learning (SEL) and growth mindset skills through inspiring stories, colorful illustrations, and engaging guided activities.



"I've been struggling with work lately and he comes up to me and tells me "You know mommy, like the Big life Journal says, mistakes make you grow, so it's going to be okay"! Just a week into his journal and I see how it has already changed his mindset!"

- Alexandra D.



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