

Big Life Journal - Daily Edition

Ages 5-11

The daily activities inside the journal help your child focus on encouraging, self-loving thoughts and wire their brain for a growth mindset, confidence, gratitude, kindness, and self-love.



“Want your kids to build insight, empathy, gratitude, and a growth mindset? This journal is your answer.”

- Dr. Tina Bryson, co-author of
The Whole-Brain Child



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