

My Positivity Box

Big Life Journal



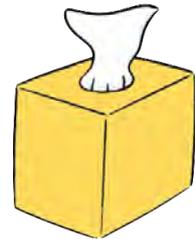
What is a Positivity Box? It's a box where you can store your favourite memories, success stories, and encouraging messages for yourself!

So, when you feel sad, discouraged, or disappointed you can grab your Positivity Box and read what's inside. You will feel loved and inspired in no time!

HOW TO MAKE

step
1

Find a box to decorate like an empty tissue box or plain box at your local craft store. A paper bag or a clean jar can work too.



step
2

Print and cut out the elements you like on the following pages (it's okay to have white space around the art). Decorate your box with the elements and draw your own! You can also cut and use the title on this page for your box.



step
3

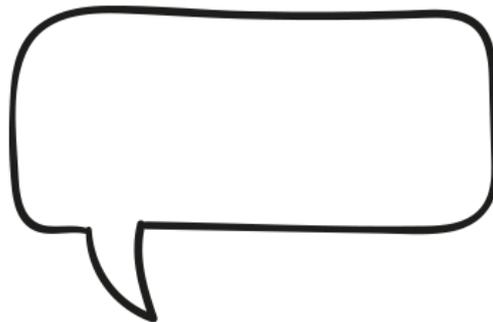
Print the slips on page 7 to write positive thoughts, favourite memories, or success stories. Fold and put them in your box!



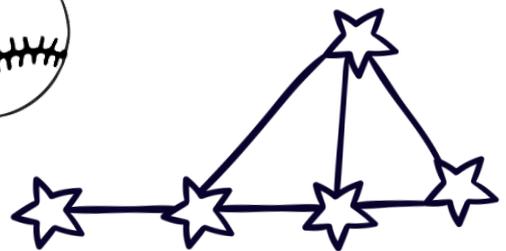
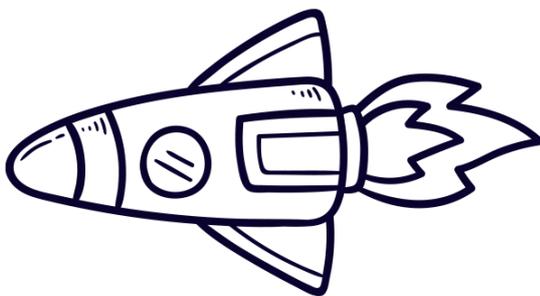
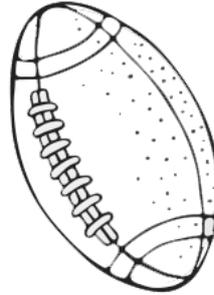
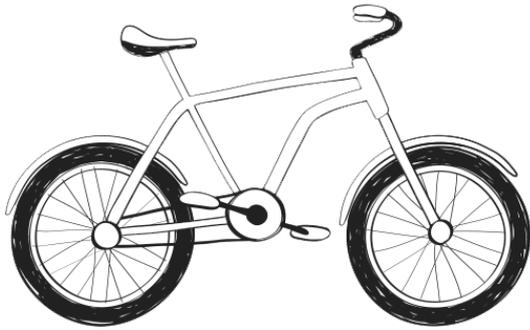
Cut out the elements and decorate your positivity box!
It's okay to have some white space around the art.



BRAVE	LOVABLE
RESILIENT	FUNNY
UNSTOPPABLE	KIND
I'VE GOT THIS!	I CAN AND I WILL



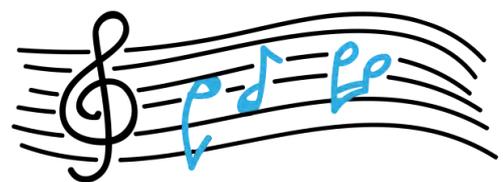
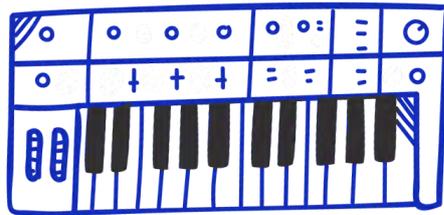
Cut out the elements and decorate your positivity box!
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Cut out the elements and decorate your positivity box!
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I Am Enough	I am KIND
I believe in myself	I am Strong
I Am Brave	I am a LEADER
I am LOVED	I am Resilient
I am UNIQUE	I reach for the Stars



My Positivity Box



Use the slips below to write positive thoughts, favourite memories or your success stories. Fold and put them in your Positivity Box.



Decorative slip with a blue border, three horizontal lines, and yellow stars and dots.

Decorative slip with a blue border, three horizontal lines, and colorful confetti.

Blank slip with a blue border and three horizontal lines.