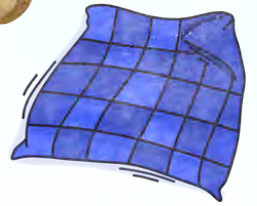


「COURAGE doesn't
ALWAYS ROAR.
SOMETIMES COURAGE
is the LITTLE
VOICE
at THE END of THE DAY
THAT SAYS
I'LL TRY AGAIN
T O M O R R O W

- MARY ANNE RADMACHER -

Big Life Journal



When I feel upset, worried or disappointed I can



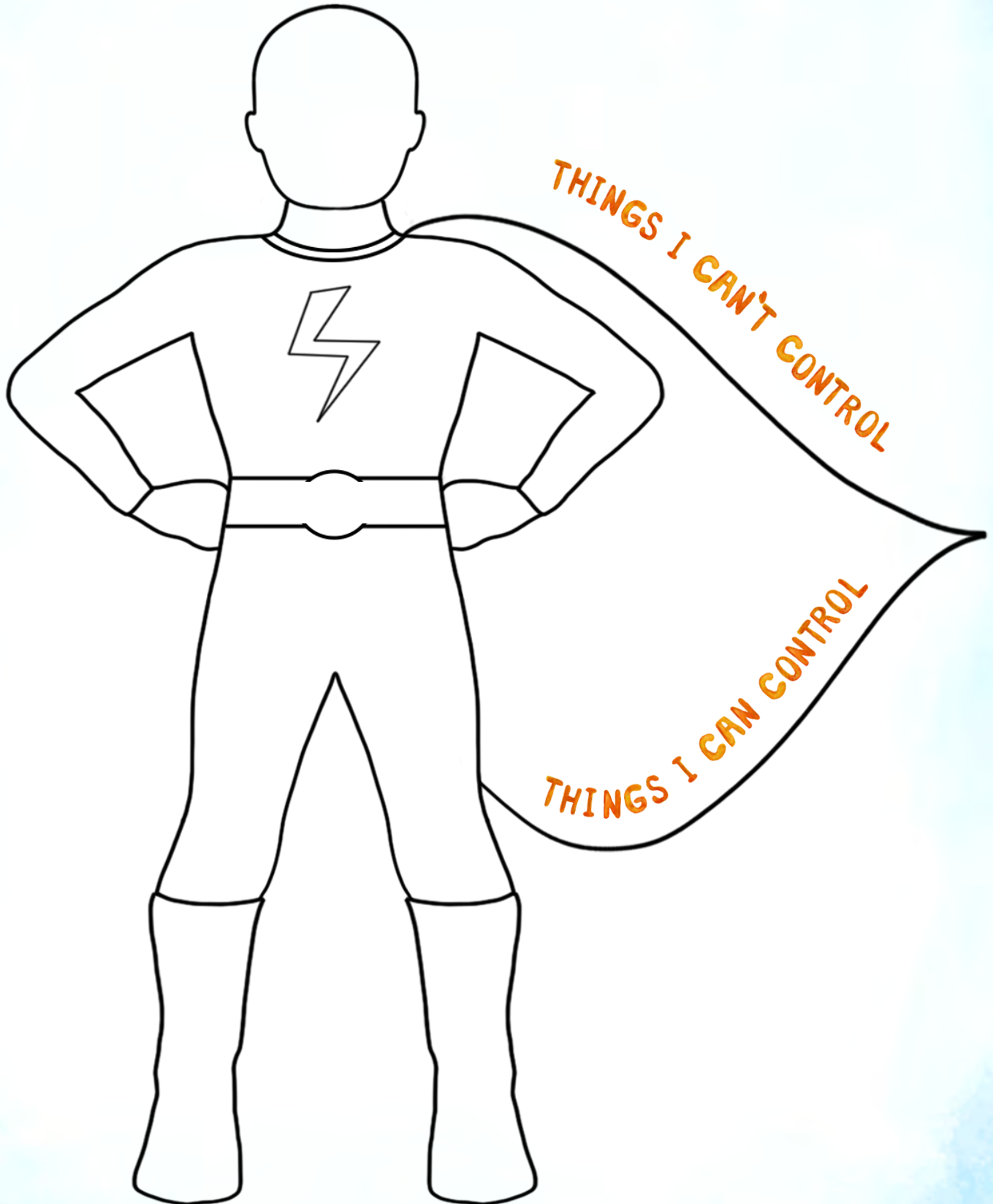
Look at my glitter jar



IN OR OUT OF MY CONTROL?

Write things you CAN control (such as your effort or attitude) inside your character. Write things you CAN'T control (such as other people's feelings or the weather) outside your character.

Big Life Journal



MY GETTING UNSTUCK Spinner



MY GETTING UNSTUCK Spinner

