

YOU CAN  
CHOOSE  
to have a  
GREAT  
DAY

Big Life Journal  
BIGLIFEJOURNAL.COM

CHALLENGES  
makes you  
STRONGER

Big Life Journal  
BIGLIFEJOURNAL.COM

YOUR  
MISTAKES  
are  
CHANCES  
TO LEARN

Big Life Journal  
BIGLIFEJOURNAL.COM

YOU  
are  
RESILIENT

Big Life Journal  
BIGLIFEJOURNAL.COM



