

MAKE A DIFFERENCE EVERY DAY

REST
more

PLAY
more

READ
more

HAVE
LOTS
OF FUN!

PAUSE
to THINK

YOU CAN
LEARN
ANYTHING

Teach
Others

Take on
a
challenge!

LEARN
A NEW
SKILL

MAKE LOTS OF
MISTAKES

FIND
WHAT MAKES
YOU
Happy

SPEND MORE TIME OUTSIDE

Big Life Journal

www.biglifejournal.com