



BE   **KIND**

YOU NEVER KNOW WHAT
SOMEONE IS GOING THROUGH

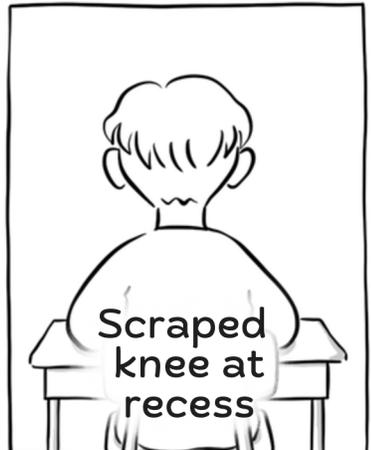
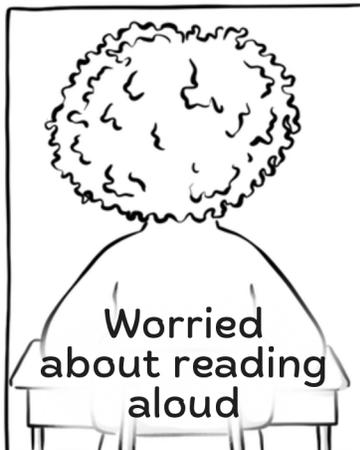
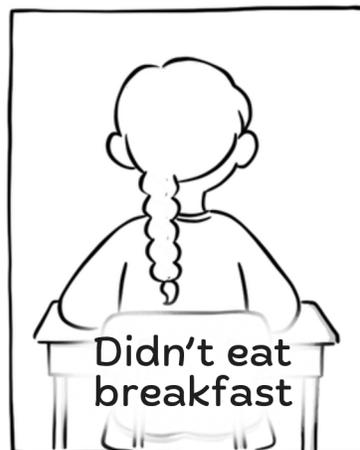
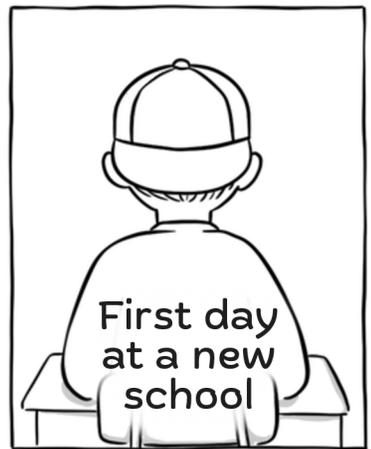




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Please email hello@biglifejournal.com to request a specific use for our printables.

With gratitude,
Big Life Journal team

Hi there 🙌

We have loved seeing that our printables have changed so many families! Your thank-you messages have warmed our hearts and inspired us to keep going.

As our valued subscriber, you will be receiving our Free Friday Printables every week, however, now they are **available for just one week after their release.**

So be sure to download the resource right away!

If you're interested in getting access to our most popular printables and print-free activities for your child's exact needs, we invite you to join GrowthMinded.

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by Big Life Journal

GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.



Resource Library Tailored to Your Children

Explore our library of 500+ age-specific printables and print-free activities. Start with what we **handpicked** for your family!



Resource Library to Support YOU

Find the **exact advice** you need inside our library of 2-minute parenting tips, short scripts, and one-page guides.



Expert-led Masterclasses, Workshops and Live Q&As

Learn with our exclusive masterclasses and Q&As from well renowned parenting experts. You will discover **the best tools** to help your child.



Supportive Community You Will Love

Find **valuable support and creative ideas** from other parents and our parent coaches who have already solved similar challenges.



"Big Life Journal resources have significantly **helped our entire family** deal with emotions and have better communication."

-Krista

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