



BIG LIFE JOURNAL together with BIG LIFE KIDS PODCAST

As your children (or students) go through their Big Life Journal for kids - 2nd Edition, they can listen to the FREE Big Life Kids Podcast. The chapters are aligned with the episodes in Season 1 and 2. For ways to listen, go to biglifejournal.com/podcast.



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| 1. Believe in Yourself _____ | 1. Discover Growth Mindset and How to Believe in Yourself
2. Grissom Believes in Himself |
| 2. Mistakes Help you Grow _____ | 3. How to Turn Failures into Robots
4. Emma Bounces Back From a Setback |
| 3. Be Persistent _____ | 5. Be the Kid Who Never Gives Up
6. Josh Learns Persistence |
| 4. Be Grateful _____ | 7. Discover How Gratitude Can Change Your Life!
8. Joshua Helps the Community |
| 5. Be Unique, Be You _____ | 9. Celebrate Your Uniqueness
10. Peyton Celebrates Who She Is |
| 6. Challenges Make You Stronger _____ | 11. Be Strong Like Smriti and Rise to the Challenge!
12. Izayah's Hospital Trip Made Him Stronger! |
| 7. Effort is Key _____ | 13. Do Your Best and Reach for Everest!
14. Kestrel Rocks at Climbing |
| 8. Love Learning _____ | 15. Explore Your Universe: Love Learning to the Moon and Back!
16. Ellie & Grace Learn Life Skills in Mexico! |
| 9. Be Kind _____ | 17. Discover the Superpower of Kindness!
18. Aden's Acts of Kindness! |
| 10. Make a Difference in the World _____ | 19. Make a Difference in the World |