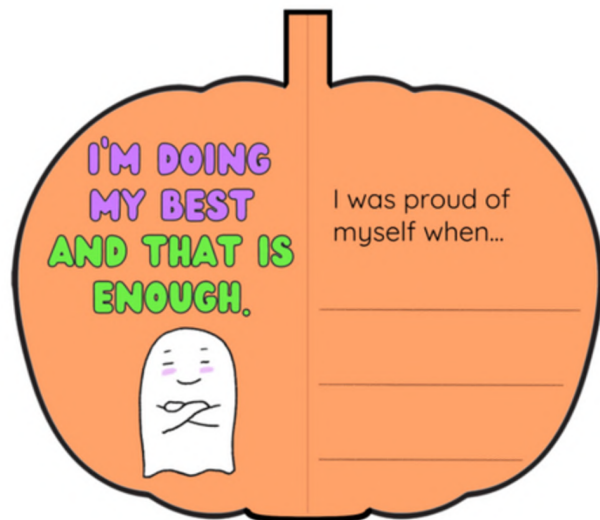


BOO-LIEVE IN YOURSELF

Everyone loves to be praised and to be told they did a good job! However, we don't always need to rely on others to make us feel good. We can give love, encouragement, and support to ourselves. Use this pumpkin craft to practice self-love and build confidence in yourself.

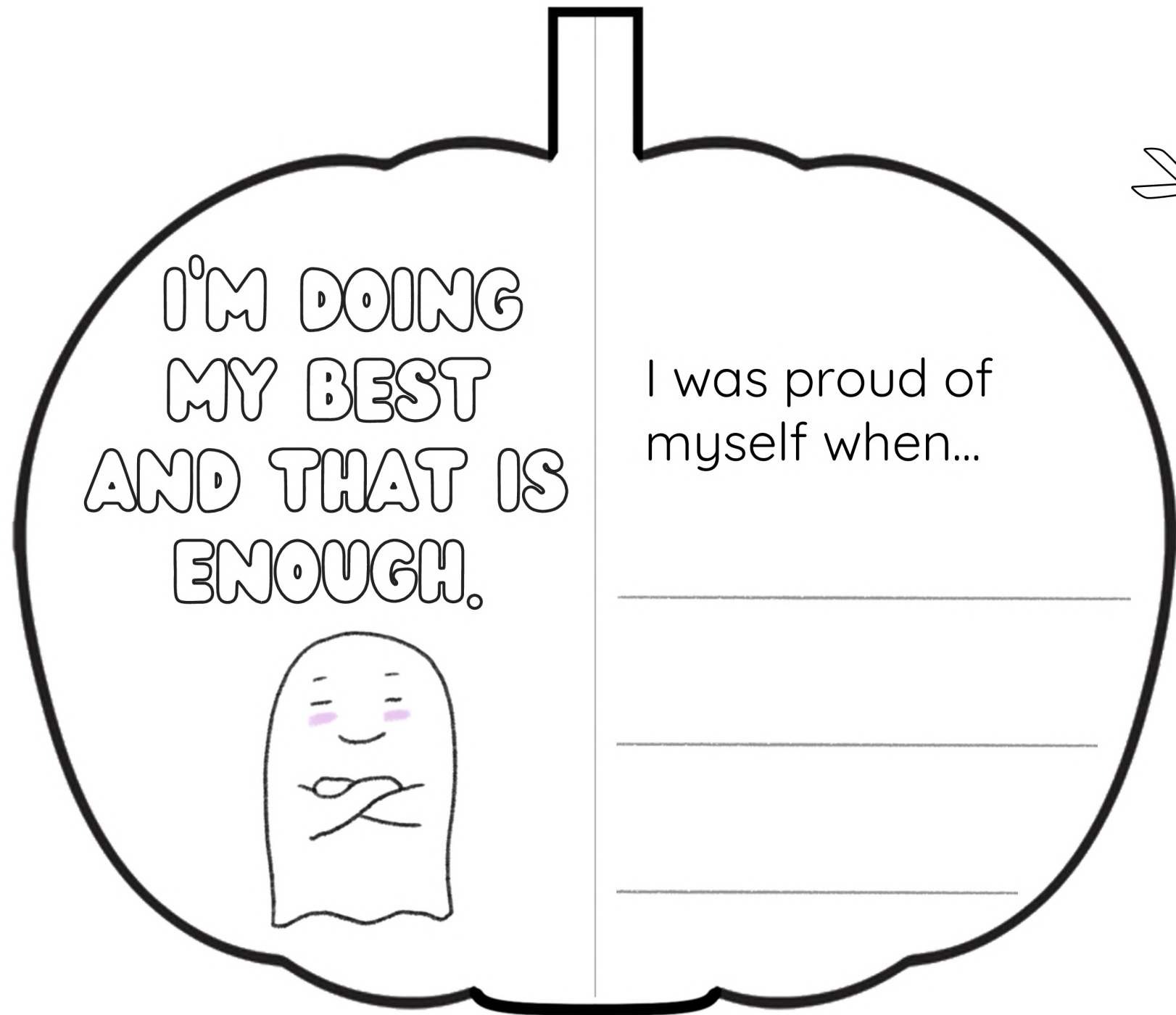


Print pages 2-6 on white paper or pages 7-11 for color. Cut out all of the pumpkins and fold in half with prompts on the inside. Fill out the prompts and color.

Glue the pumpkin pages back to back together, layering the folded pumpkins.

After gluing the last pumpkin, wrap the two ends and glue together to make a 3D pumpkin.

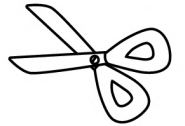




MY FEELINGS
MATTER AND I
LISTEN TO
WHAT THEY'RE
TELLING ME.



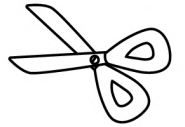
Right now I'm
feeling...

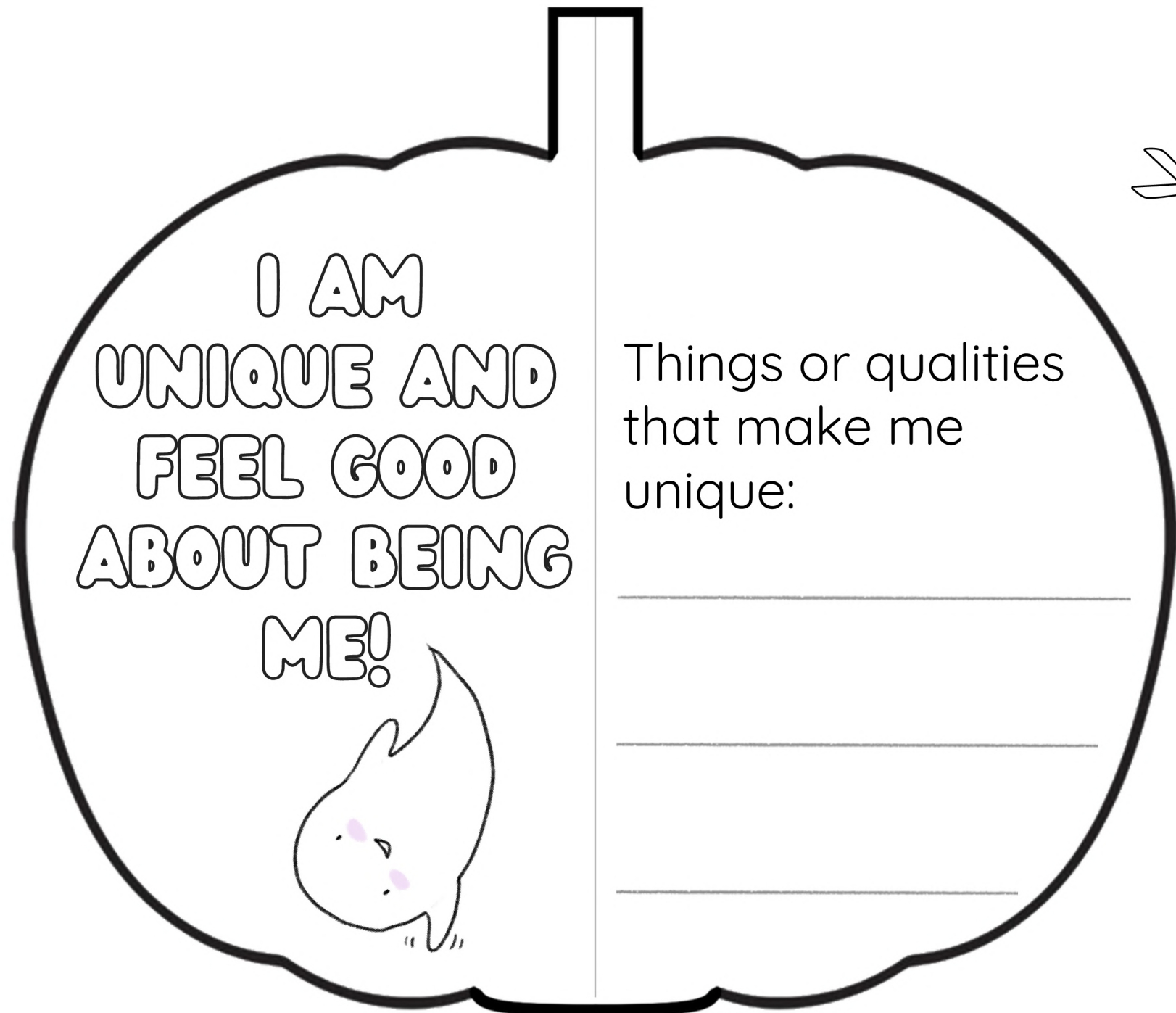


NOT
EVERYONE
LIKES ME AND
THAT'S OKAY.
I LIKE MYSELF.



3 things I like
about myself:







**I'M DOING
MY BEST
AND THAT IS
ENOUGH.**



I was proud of
myself when...

**MY FEELINGS
MATTER AND I
LISTEN TO
WHAT THEY'RE
TELLING ME.**



Right now I'm
feeling...

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**NOT
EVERYONE
LIKES ME AND
THAT'S OKAY.
I LIKE MYSELF.**



3 things I like
about myself:

**I AM
UNIQUE AND
FEEL GOOD
ABOUT BEING
ME!**



Things or qualities
that make me
unique:

I'M
LEARNING
EVERY DAY.



A few things I'm
already good at:

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If you have any questions, email us at support@biglifejournal.com

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– The Big Life Journal Team

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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.

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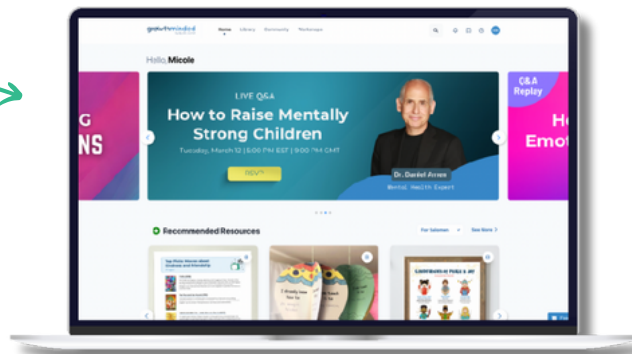
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Get valuable **advice** from renowned experts on your most pressing questions.

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Get 1:1 **personalized support** from your certified parenting coach. Join our live group **coaching sessions** led by one of our coaches.

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