

# Believe in Tomorrow



Created by Lexie





**This Grateful Journal Belongs To:**

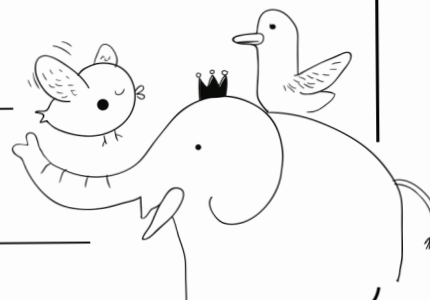


**NAME:** \_\_\_\_\_

**FAMILY NAME:** \_\_\_\_\_

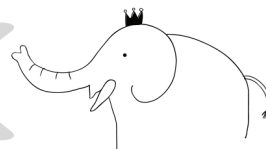
**AGE:** \_\_\_\_\_

**GRADE:** \_\_\_\_\_





Date: \_\_\_\_/\_\_\_\_/20\_\_



Sun

Mon

Tue

Wed

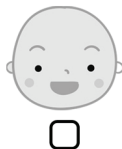
Thu

Fri

Sat



How I feel This Morning



Today's Intention is:

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BEST FRIENDS



Today's Mini Activities:

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

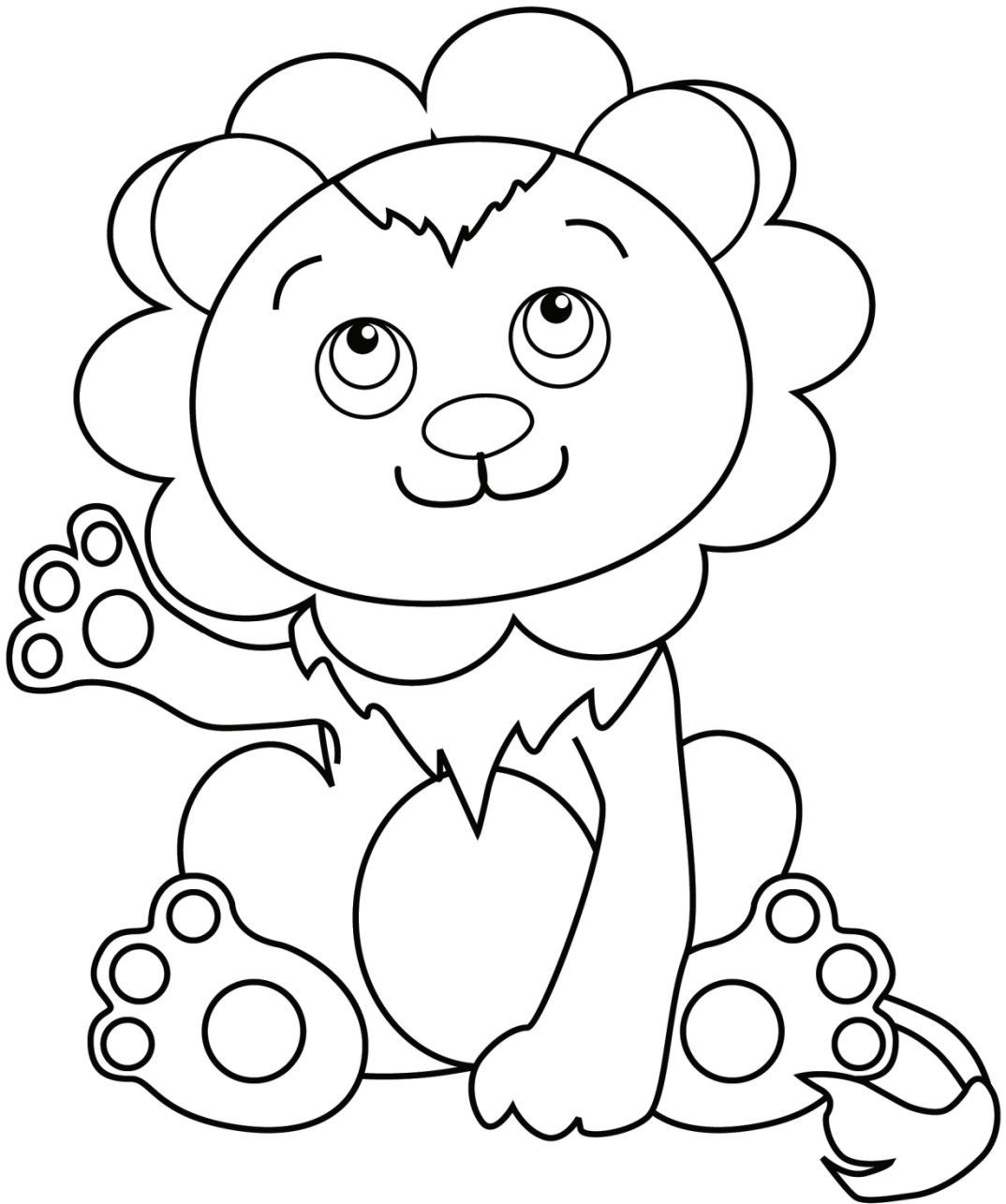
☐ \_\_\_\_\_

☐ \_\_\_\_\_



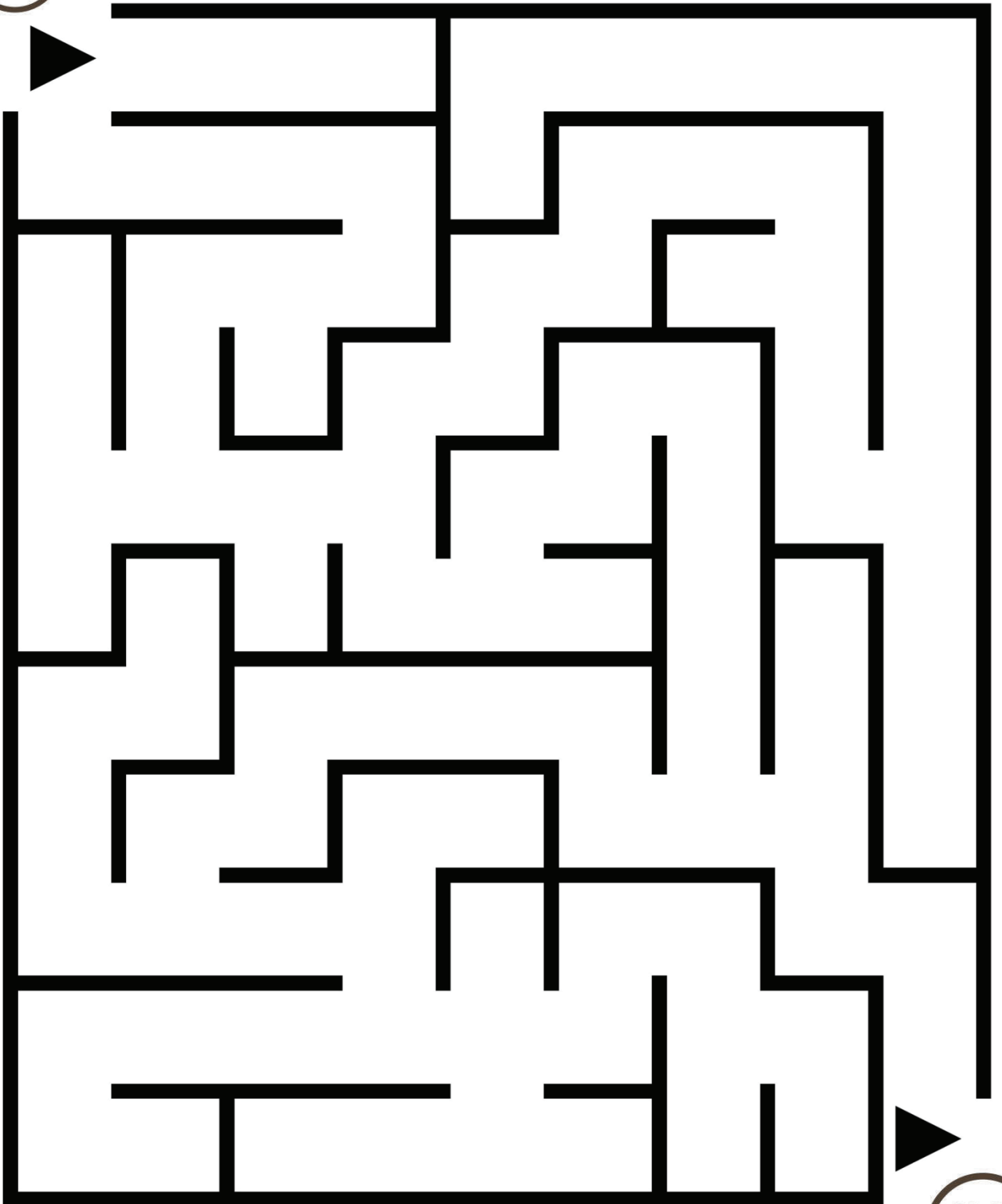


YOU ARE BRAVE

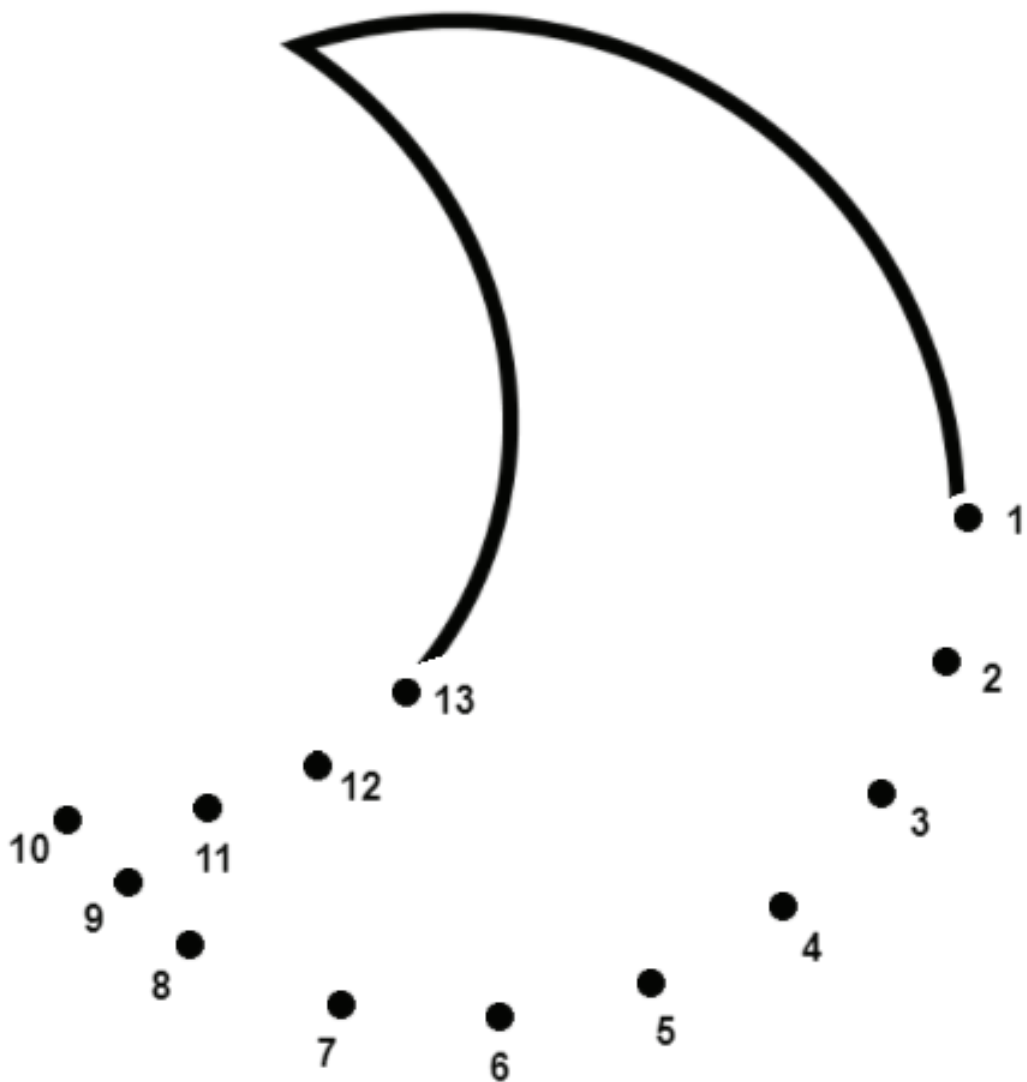


LIKE A LION

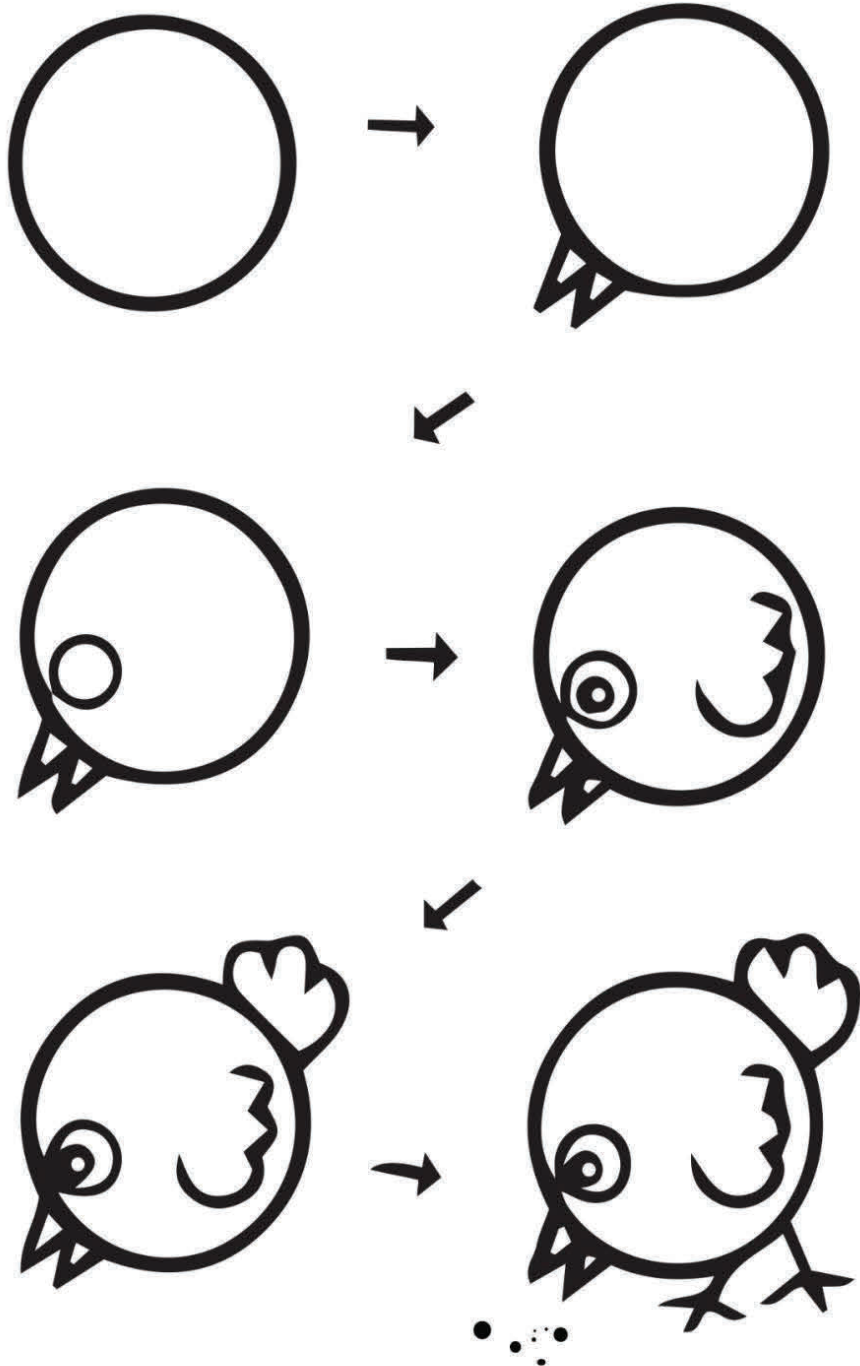
Turn the frown upside down!



# You are loved to the moon and back!

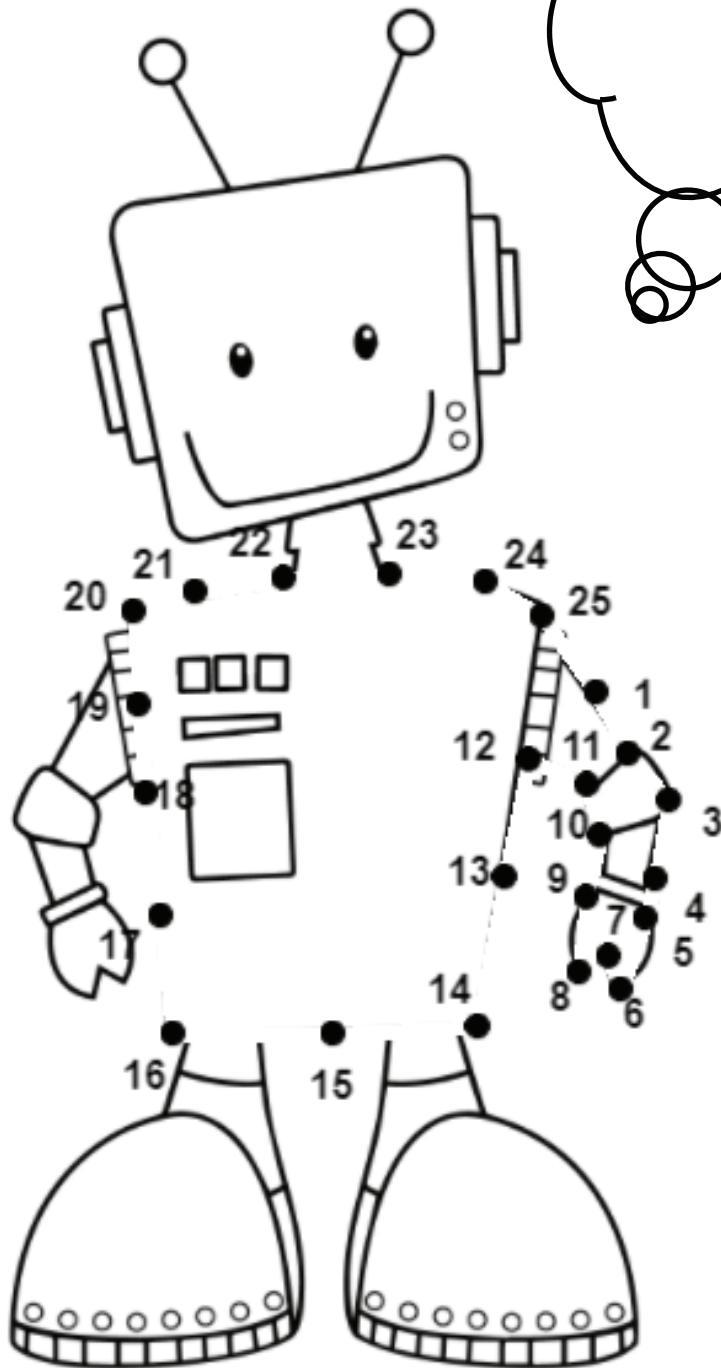


# HOW TO DRAW CHICKEN

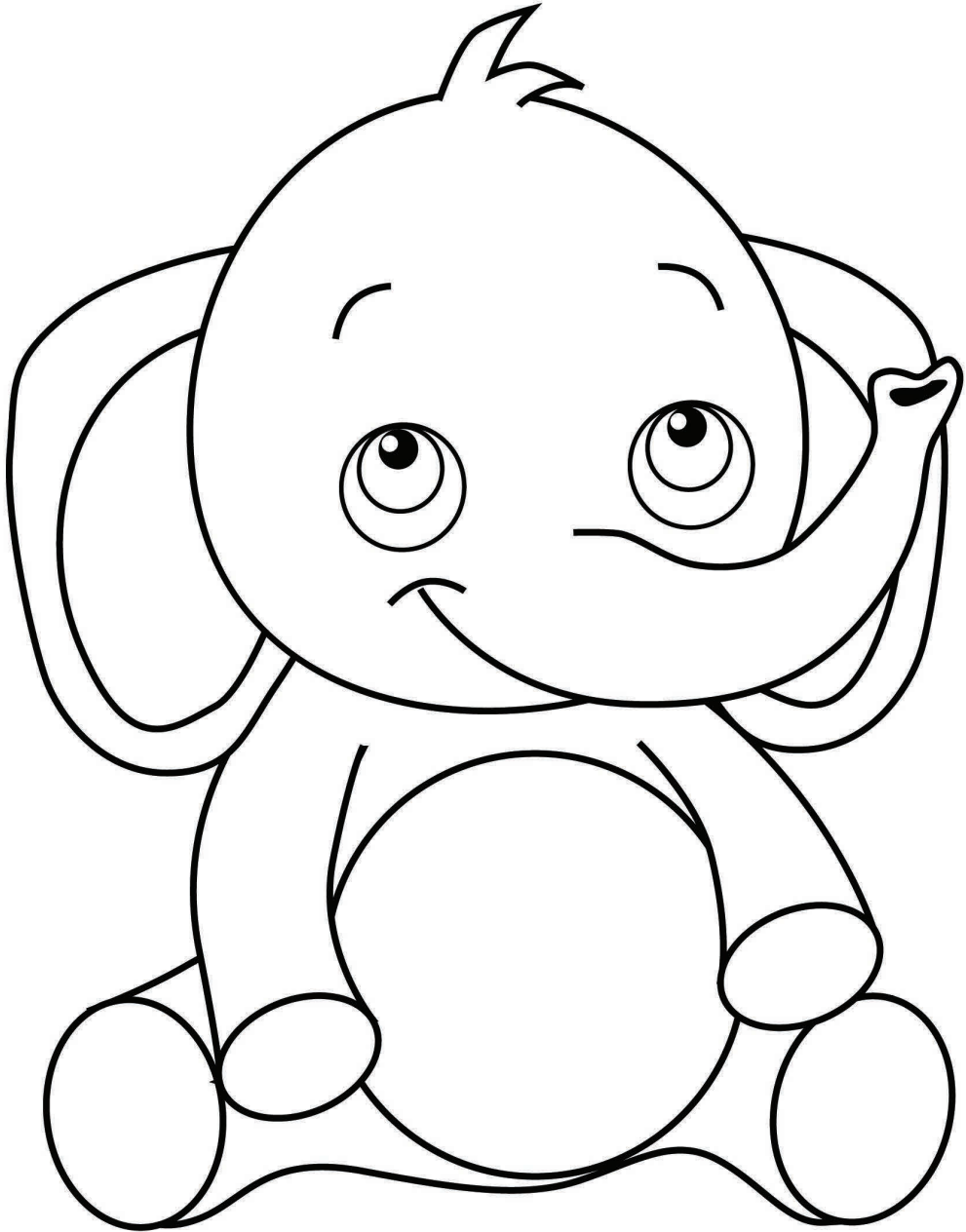


# Scratch Pad to Draw A Chicken

Hi! My name  
is Sunny.  
I hope you are  
having a  
great day!

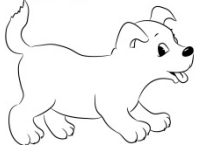


YOU ARE AS STRONG



AS AN ELEPHANT

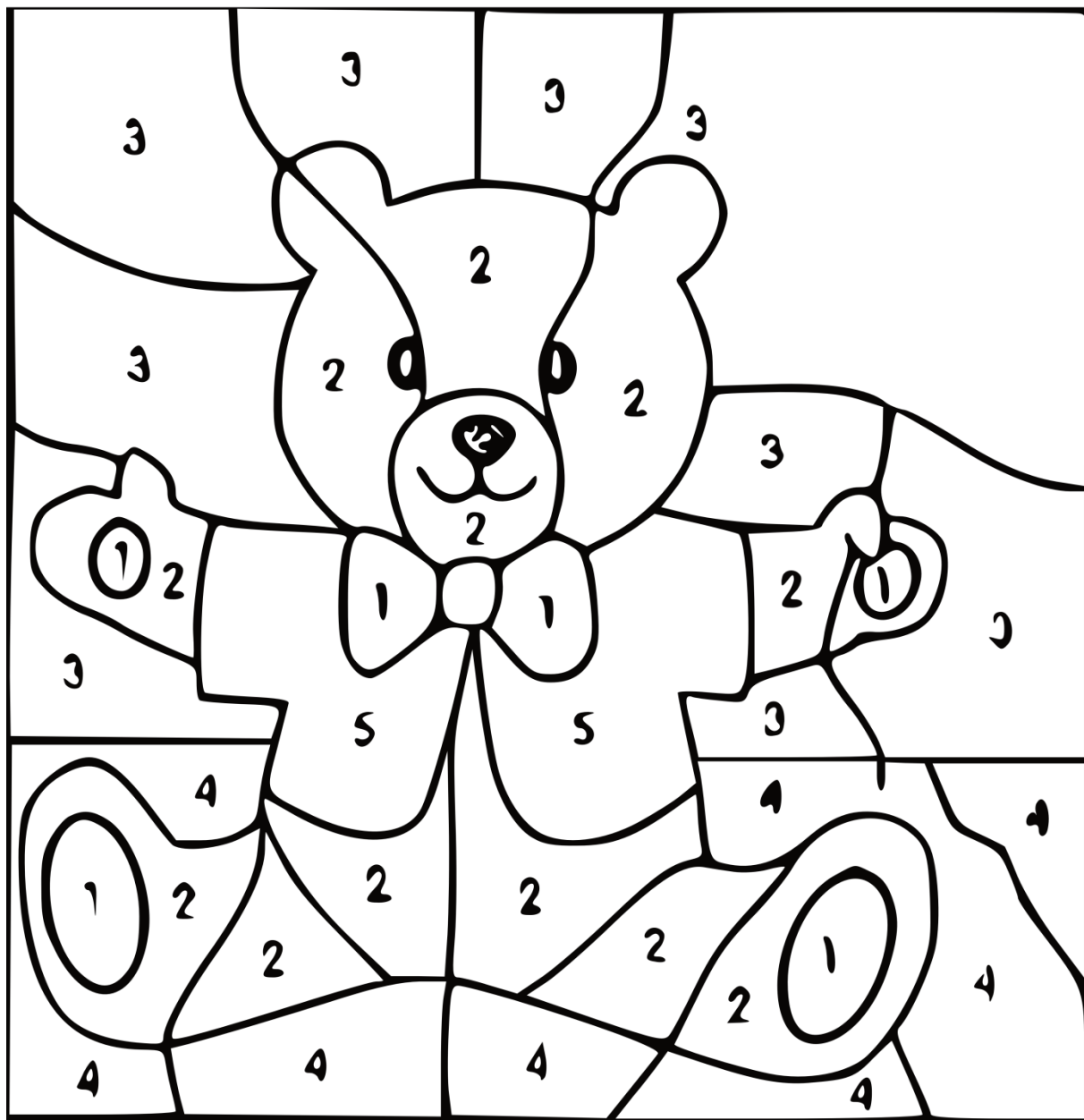
Help the puppy find its  
way home.





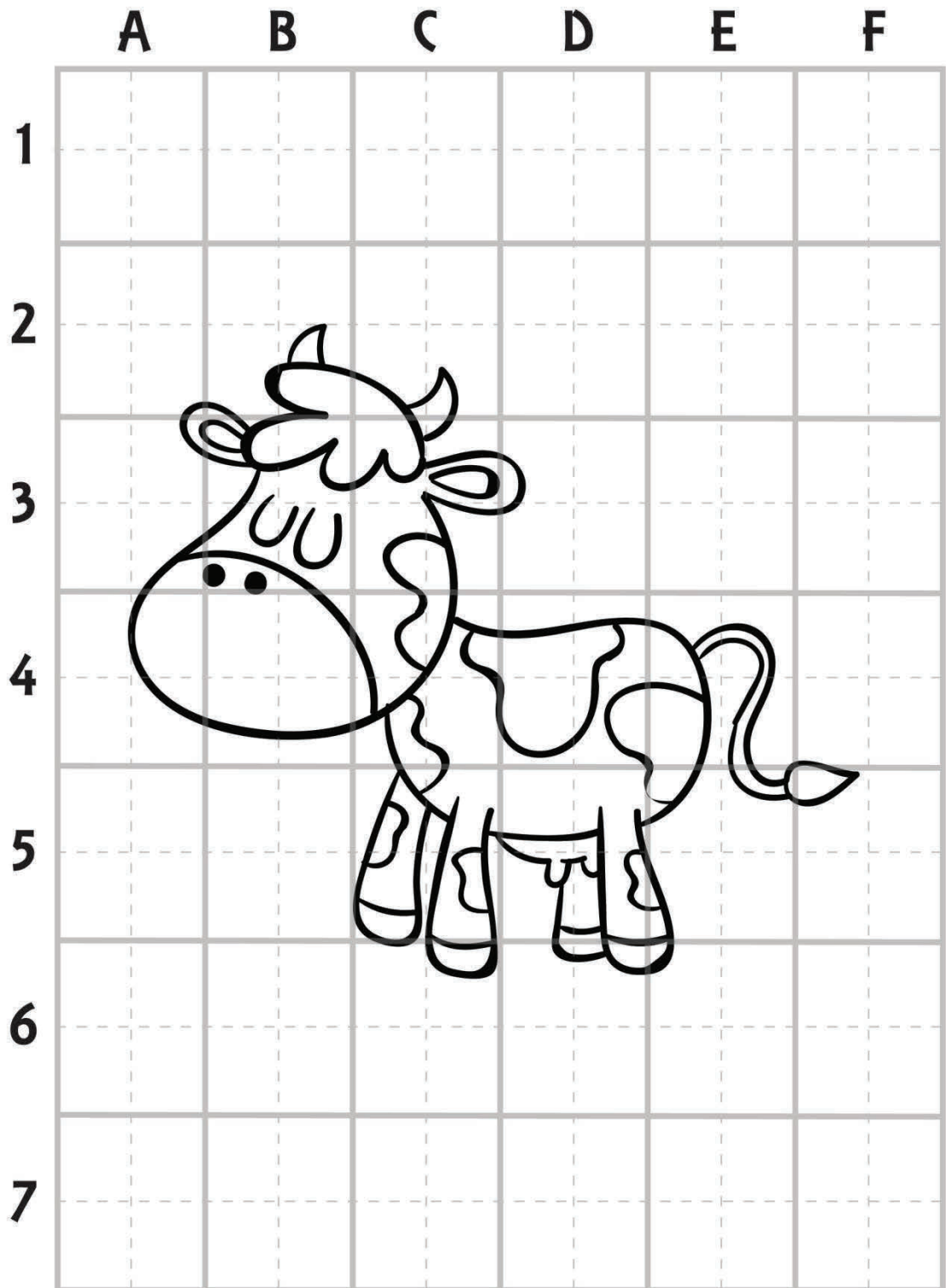
# You are Beary Special!

Color by Number



1 Blue   2 Brown   3 Yellow   4 Green   5 Red

# How to Draw a Cow.



# Your Turn!

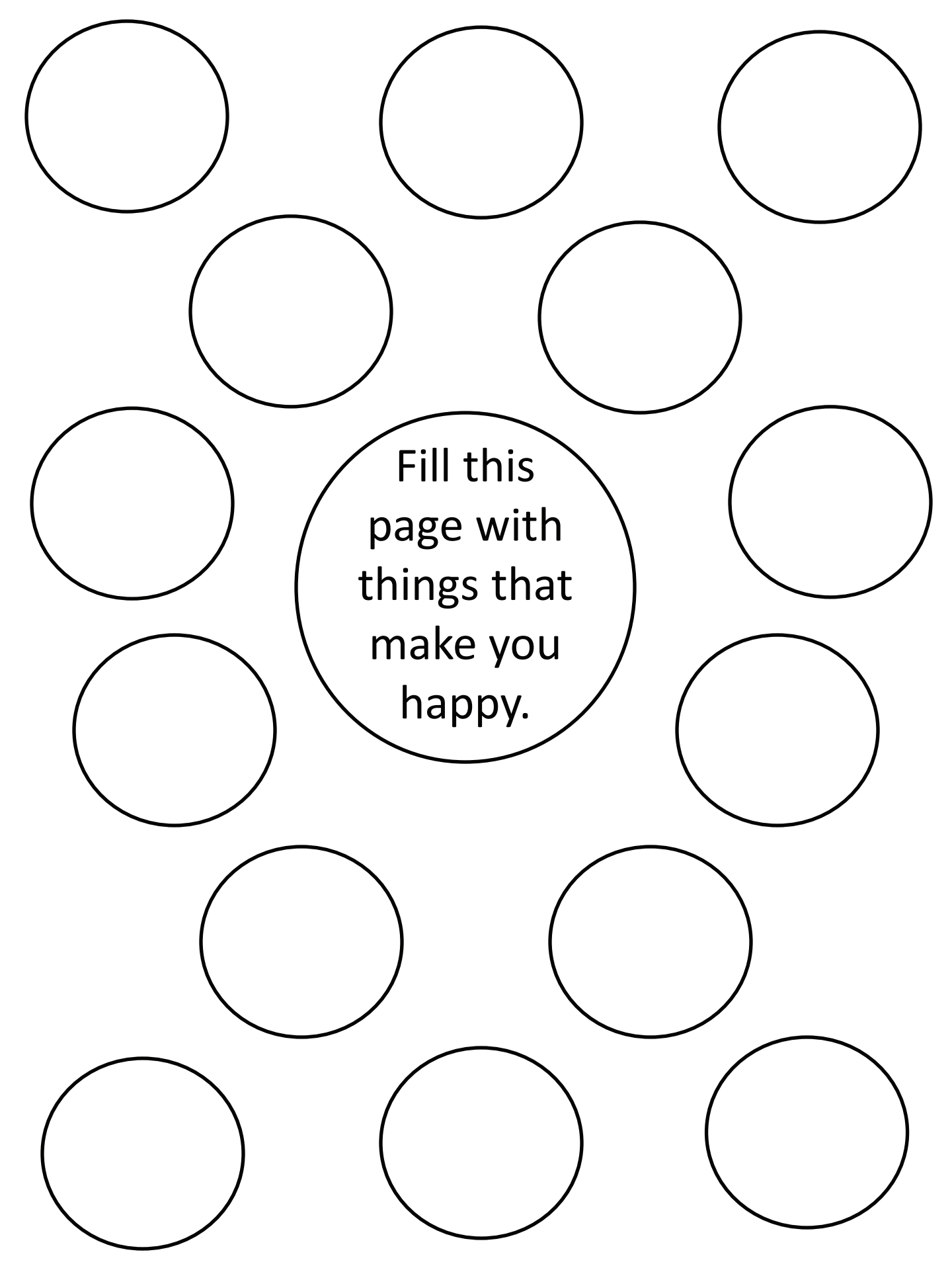
	A	B	C	D	E	F
1						
2						
3						
4						
5						
6						
7						



Believe

in

Yourself

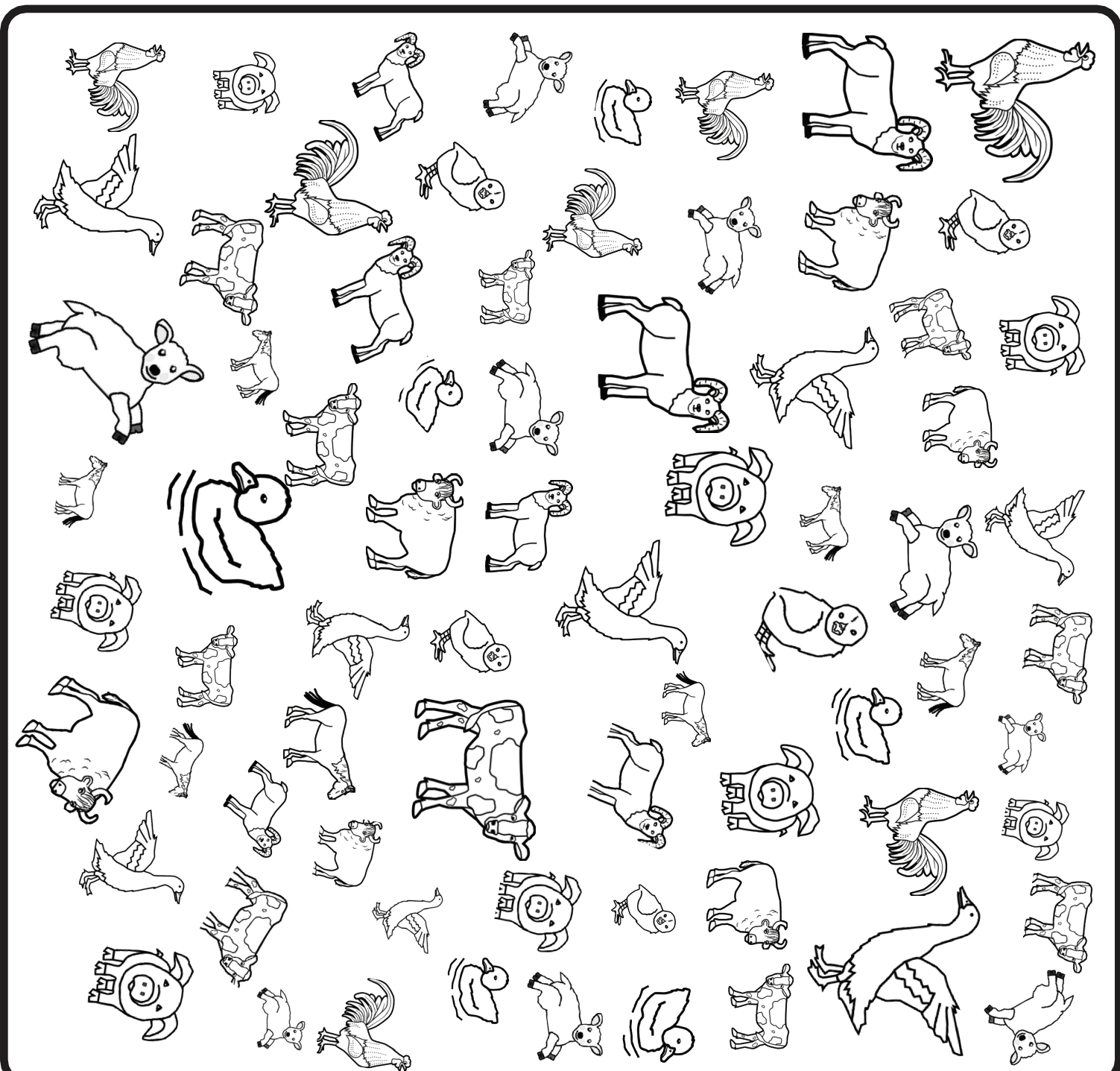
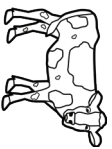


Fill this  
page with  
things that  
make you  
happy.



# I spy

How many of each  
can  
you find in the box?



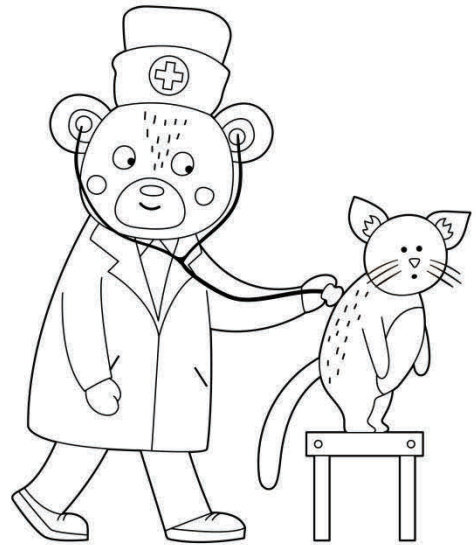
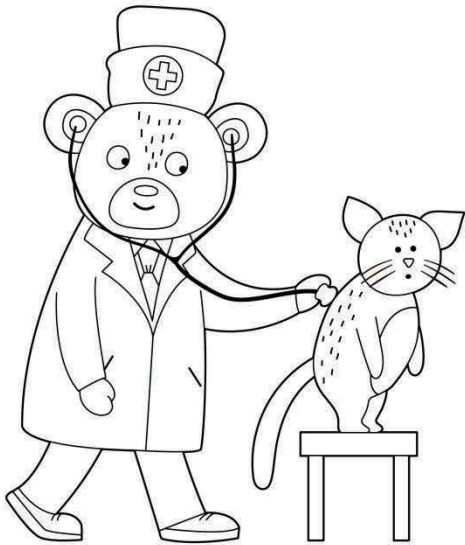
# I AM \_\_\_\_\_

S	O	T	S	C	D	E	I	R	R	O	K	G	I
L	N	U	T	O	A	S	P	E	C	I	A	L	N
R	I	E	R	U	F	A	I	R	N	E	E	O	A
I	M	R	O	R	S	N	L	A	O	N	E	I	E
E	P	H	N	A	E	T	N	I	E	C	D	R	D
U	O	O	G	G	S	A	M	A	Z	I	N	G	C
N	R	N	U	E	P	K	E	A	C	M	N	A	G
I	T	E	A	O	E	O	I	N	I	L	A	N	R
Q	A	S	N	U	N	E	G	N	G	P	I	R	I
U	N	T	N	S	O	E	G	S	D	R	I	O	D
E	T	S	N	I	A	N	Z	I	A	A	S	E	N
H	Z	A	E	A	N	I	M	C	O	R	V	I	O
I	E	T	A	R	E	D	I	S	N	O	C	T	O
Z	E	P	M	R	C	O	O	C	L	H	I	N	O

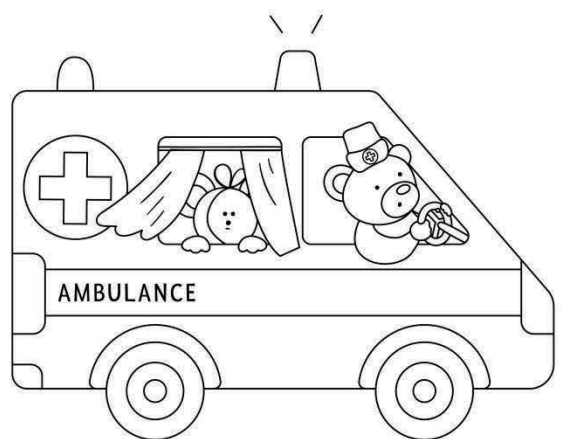
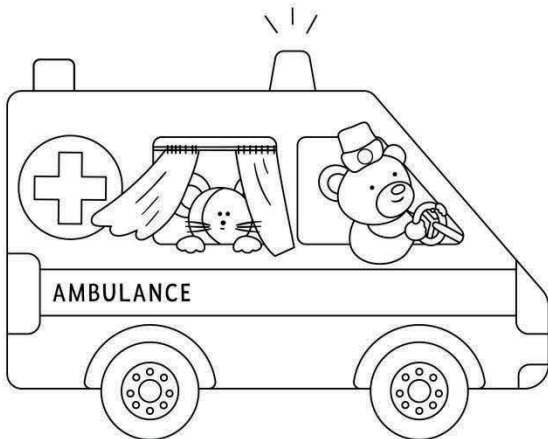
CARING  
AMAZING  
COURAGEOUS  
HONEST  
FAIR  
KIND

SPECIAL  
UNIQUE  
LOVED  
STRONG  
IMPORTANT  
CONSIDERATE

## Spot 5 differences & color



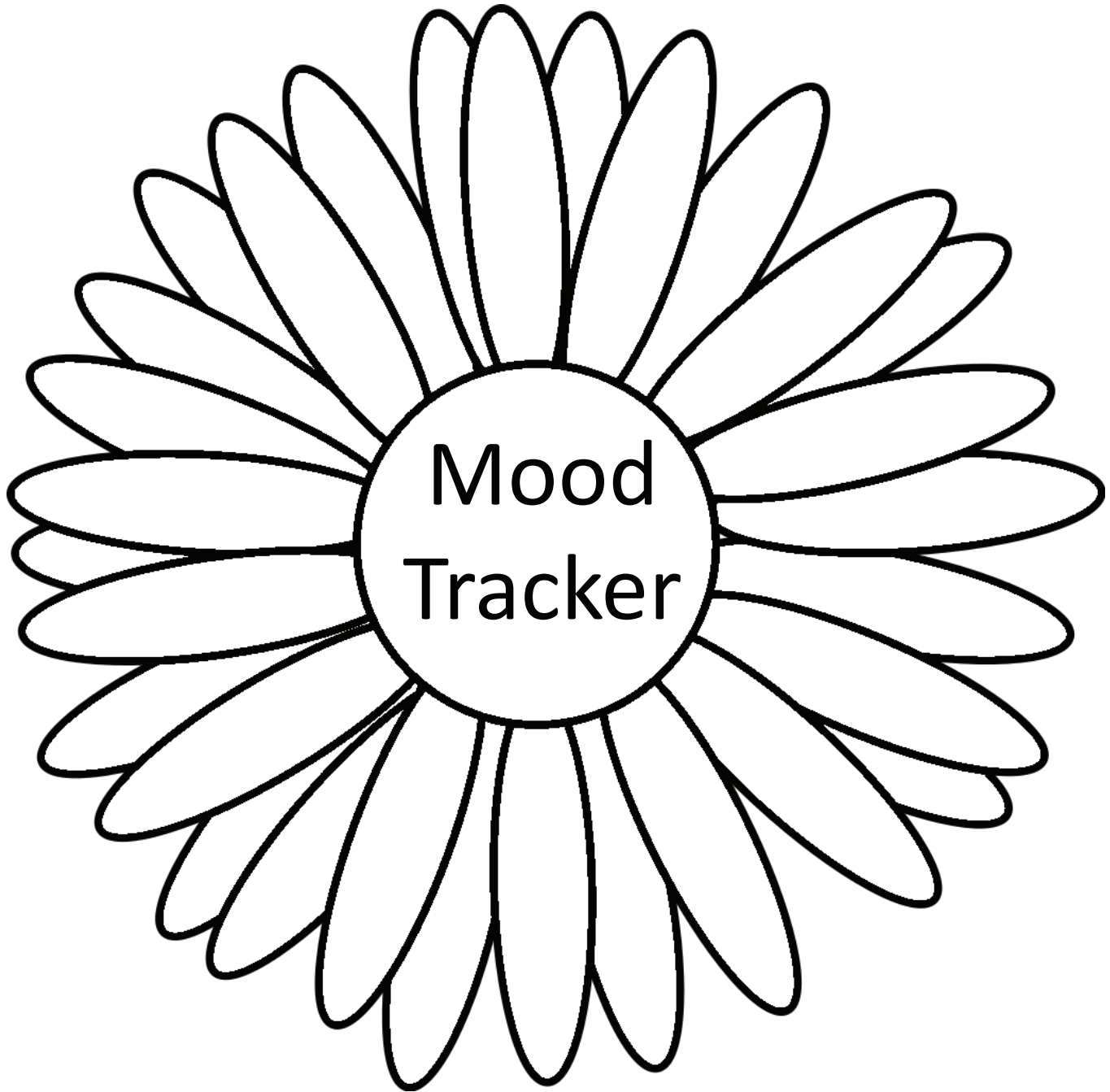
## Spot 10 differences & color







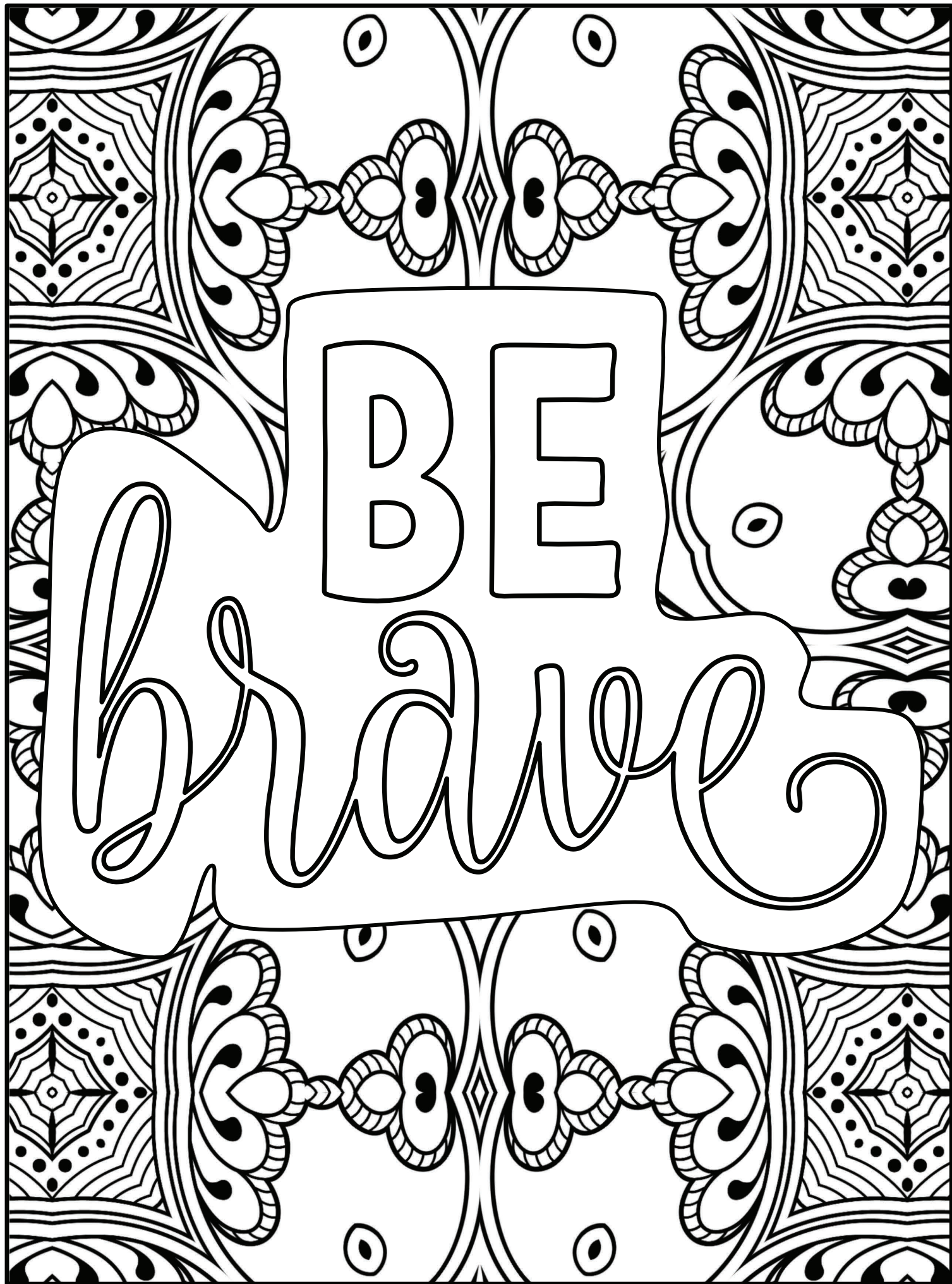
Color a petal a day to match  
your mood.



Red - Angry  
Blue - Sad  
Green - Calm

Yellow - Happy  
Orange - Excited  
Purple - Confident



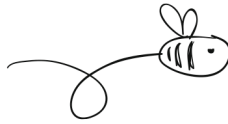




# BEDTIME



Time: \_\_\_\_:\_\_\_\_



I'm Grateful For: \_\_\_\_\_

Person \_\_\_\_\_ Book \_\_\_\_\_

Holiday \_\_\_\_\_ Animal \_\_\_\_\_

Food \_\_\_\_\_ Movie \_\_\_\_\_

Drink \_\_\_\_\_ Game \_\_\_\_\_

Place \_\_\_\_\_ Song \_\_\_\_\_



## It's Drawing Time!

≡ Good night ≡  
SLEEP TIGHT

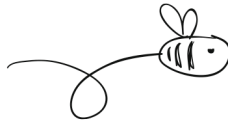




# BEDTIME



Time: \_\_\_\_:\_\_\_\_



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Person \_\_\_\_\_ Book \_\_\_\_\_

Holiday \_\_\_\_\_ Animal \_\_\_\_\_

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Drink \_\_\_\_\_ Game \_\_\_\_\_

Place \_\_\_\_\_ Song \_\_\_\_\_



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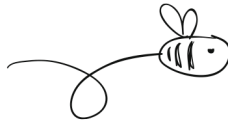




# BEDTIME



Time: \_\_\_\_:\_\_\_\_



I'm Grateful For: \_\_\_\_\_

Person \_\_\_\_\_ Book \_\_\_\_\_

Holiday \_\_\_\_\_ Animal \_\_\_\_\_

Food \_\_\_\_\_ Movie \_\_\_\_\_

Drink \_\_\_\_\_ Game \_\_\_\_\_

Place \_\_\_\_\_ Song \_\_\_\_\_



## It's Drawing Time!

≡ Good night ≡  
SLEEP TIGHT





If you are reading this, that means that you are a recipient of a Buddy Bag.

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My name is Lexie. I'm a Girl Scout working on my Gold Award, the highest achievement that a Girl Scout can earn. Over my 9 years in Girl Scouts, I've had the opportunity to give back to my community in many ways. My passion for helping families and children, of all ages, led to the creation of the Buddy Bag. I personally handpicked every item that was included in my original Buddy Bag. In addition, I created this activity book to allow you the freedom to creatively express yourself with color, art, and words.

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I hope that the motivational and inspirational items that you received in your Buddy Bag will help make your day a little brighter. I would love to hear your feedback. I can be reached at [buddybag.believeintomorrow@gmail.com](mailto:buddybag.believeintomorrow@gmail.com).

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I leave you with some parting words:  
Believe in Yourself, Believe in Today, and  
Believe in Tomorrow!



Yours In Scouting,  
Lexie