

ELEMENTARY GIRL DAYBOOK

March

monday

tuesday

wednesday

thursday

friday

			<p>You are loved! View yourself the way God does! You are His masterpiece so be confident in who God created you to be. Song of Solomon 4:7</p>	<p>Everyone is different and created just the way they are supposed to be! If everyone was the same, life would be boring. Remember you are wonderfully made! Love who God created you to be. Psalms 139:14</p>
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Week 1: Self-Esteem

<p>Eating healthy and staying active is important. Choosing the right friends is also super important. Choose friends who will encourage you and help you make good decisions! Proverbs 18:24</p>	<p>Did you know that your body doesn't belong to you? It belongs to God! Whatever you put into your body and mind should be pleasing to the Lord. What bad habits can you get rid of today? 1 Corinthians 6:20</p>	<p>The decisions you make now will affect your future. Create healthy habits now so that you can receive all the blessings that Lord has for you. Romans 6:23</p>	<p>Do you tend to talk back to your parents? Remember that the bible tells us to honor them. Choose to have healthy conversations. Proverbs 12:18</p>	<p>Wake up today with a positive attitude. Know that it will be a great day. Have a healthy habit of being positive instead of complaining. What can you be happy for today? Psalms 118:24</p>
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Week 2: Healthy Habits

<p>Do you catch yourself sitting in front of the tv after school or before you go to bed? Instead of watching tv at night, read your bible! Watch how God will bless you! Matthew 4:4</p>	<p>Spending time with family is so important. Remember to put down your phone and enjoy good quality time with the ones you love. Exodus 20:12</p>	<p>Whatever you post on social media can be seen forever. Make sure you are posting things that up lift others and is pleasing to God. Ephesians 5:16</p>	<p>Imagine your teacher told the class to put their phones away. But you really didn't want to. Try leaving your phone in your locker and make a new friend or learn something new. Proverbs 18:1</p>	<p>The Lord commanded us not to put anything above him. Be balanced in how much time you spend on your phone and with God. What is your priority today? Matthew 6:19-21</p>
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Week 3: Managing Electronics

<p>Have you ever told a lie? How did it make you feel? Write it down in your journal and ask God to forgive you. Ask Him to help you to always speak the truth. Proverbs 14:5</p>	<p>Be trustworthy! If you tell your parents that you will make your bed...DO IT! Trust is a hard thing to get back once you've lost it. Proverbs 12:22</p>	<p>Be a good role model for your friends. If they ask you to lie to a teacher or a parent, make a wise decision and tell the truth. Titus 2:7</p>	<p>Be someone your friends can talk to. If you are asked to keep a secret, then make sure you do. You don't want to break a friend's trust. Proverbs 11:13</p>	<p>Choose friends who are trustworthy! The friends you hang out with influence your actions. Make sure they are making good choices and helping you make good choices too. 1 Corinthians 15:33</p>
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Week 4: Telling the Truth

<p>Are you struggling with homework this year? Take a breath and relax. Remember that Jesus is our greatest Comforter when we are overwhelmed. Psalms 94:19</p>	<p>Imagine you have a big test coming up. You have studied hard but are still worried. Whenever you feel worried, stressed, or overwhelmed...PRAY! Philippians 4:6-7</p>	<p>Being stressed can cause you to be angry with others who haven't done anything wrong. Instead of taking it out on them, try going on a walk and talk to God. He hears and understands you. Luke 21:34</p>	<p>Are you worried about something today? Remember that God loves you and is with you through any circumstance. John 14:27</p>	<p>If you are struggling today with stress. Remember that joy comes out of trials. Read the scripture and think on it. James 1:2-4</p>
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Week 5: Handling Stress