



Make It Yours!

STICKERS FOR BOOK COVERS

Decorate your books, notebooks, and planner covers with these stickers. Cut, peel, and stick!

THIS BOOK
BELONGS TO:



PLAN • FOCUS • GROW • BELIEVE • ACHIEVE

🌿 Your Next Chapter Starts Here 🌿

Print. Cut. Enjoy!

1. Print this page on white cardstock for best results.
2. Cut along the dotted lines.
3. Use your bookmarks to mark your place and inspire your day!



🌿 SMALL STEPS. BIG GROWTH. BRIGHT FUTURE. 🌿



Take a Break!

Draw it.
Doodle it.
Make it yours!

No rules. Just doodle.



Finish the mountain scene your way!



What's on your mind?



Design your dream sneaker!



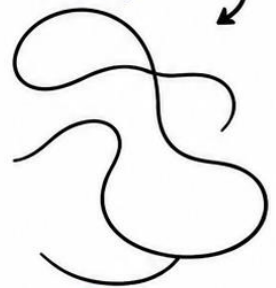
What's playing in your headphones?



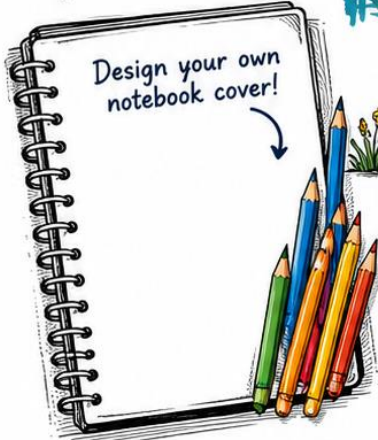
Draw Something That Made You Smile Today! ♥



Turn this squiggle into something amazing!



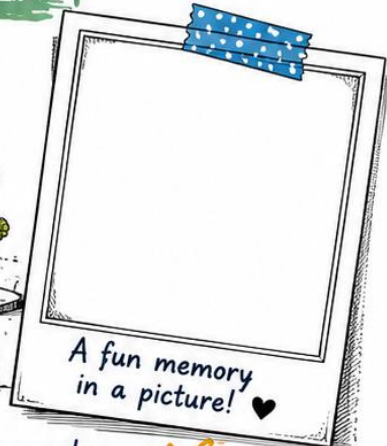
Design your own notebook cover!



Add something to Steady's trail!



A fun memory in a picture! ♥



Creativity is one more way to take a small step, relax, and enjoy the journey.

Steady Says: You've got this!

Would You Rather?

TEEN EDITION

There are no right or wrong answers — just your choices!
Circle *your* pick in each row.

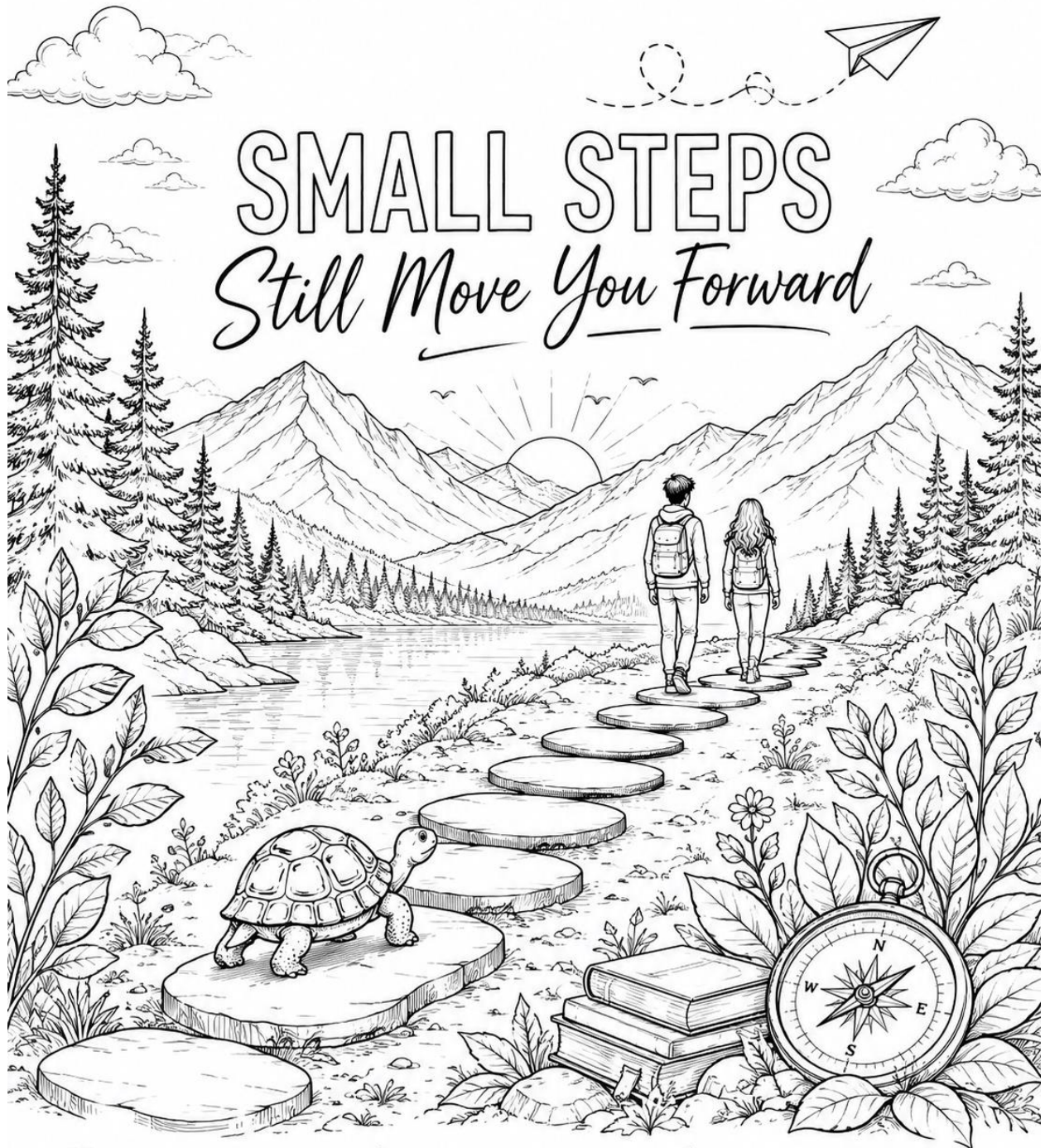
BE YOU. DO YOU.

1	SUNRISE Watch the sun come up.		☐ OR ☐	SUNSET Watch the sun go down.	
2	MOUNTAINS Fresh air and big views.		☐ OR ☐	BEACH Ocean breeze and waves.	
3	BOOK Get lost in a good story.		☐ OR ☐	MOVIE Sit back and watch.	
4	TEXT Send a quick message.		☐ OR ☐	CALL Hear their voice.	
5	MUSIC Your favorite playlist.		☐ OR ☐	PODCAST Learn something new.	
6	STAY IN Cozy night in.		☐ OR ☐	GO OUT Fun night out.	
7	SWEET Dessert first!		☐ OR ☐	SALTY Snack attack!	
8	PLAN IT Have it all figured out.		☐ OR ☐	WING IT Go with the flow.	
9	EARLY BIRD Up early, get things done.		☐ OR ☐	NIGHT OWL Up late, creative time.	
10	ADVENTURE Try something exciting!		☐ OR ☐	RELAX Take it easy, unwind.	
11	PAPER BOOK Turn the pages.		☐ OR ☐	E-BOOK Read on your device.	
12	TRY SOMETHING NEW Step out of your comfort zone.		☐ OR ☐	REVISIT A FAVORITE Go back to what you love.	

★ Make up your own "Would You Rather?" and challenge a friend!

☐ _____ OR _____ ☐

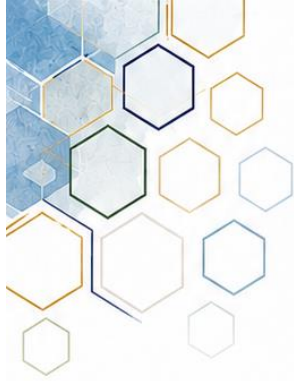




♥ I am grateful for...

★ I am proud of...

🍃 One step I can take this week...



Handwriting practice lines consisting of 20 horizontal blue lines.



Grit by Design

