Encouraging Lunchbox Notes

24 printable lunchbox notes · free from Honest Little Apps

1. Print at 100% (Actual size) on paper or card stock.
2. Cut along the light lines. Each note is 3.75 × 2.5 inches.
3. Sign the “From” line and tuck one in each day.

Dear You: Daily Letters
Write letters to your future self and get a gentle note back each day with Dear You.

Free for personal, classroom and church use. honestlittleapps.github.io/lunchbox-notes/encouraging-lunchbox-notes/

You've got this.

Proud of you, always.

From: _____

Today is a fresh start.

Be brave, be kind.

From: _____

You don't have to be perfect.

Just be you.

From: _____

Test today? Breathe.

You know more than you think.

From: _____

Somebody at home is thinking about you.

Right now.

From: _____

Be the friend you'd want to have.

From: _____

Mistakes mean you're learning.

Keep going.

From: _____

Sit with someone new today.

You might make a friend.

From: _____

I believe in you.

Even on hard days.

From: _____

Ask one question in class today.

Curious is cool.

From: _____

You make our family better.

From: _____

Hard day? It's only one day.

Hugs waiting at home.

From: _____

Drink your water!

Your brain will thank you.

From: _____

Notice one good thing today.

Tell me about it later.

From: _____

You are loved.

No matter what.

From: _____

Try your best, then let it go.

From: _____

Smile at someone.

It's contagious.

From: _____

Slow is still forward.

From: _____

You're braver than you feel.

From: _____

Be kind to yourself today too.

From: _____

Can't wait to hear about your day.

From: _____

Today, choose kind.

From: _____

You've done hard things before.

You can do this one.

From: _____

Just a note to say:

I'm so glad you're mine.

From: _____