

# I AM LOVED

30+ Encouraging Printable  
Lunch Box Notes



LOOKING FOR A WAY TO CONNECT WITH YOUR KIDDO WHILE YOU'RE APART? SURPRISE YOUR LITTLE WITH AN ENCOURAGING NOTE TO REMIND THEM OF YOUR LOVE AND SUPPORT!

THESE UPLIFTING NOTES FIT PERFECTLY ON A MIRROR, INSIDE A LUNCHBOX, BACKPACK, OR A MAILED ENVELOPE. PRINT, CUT, & SHARE THE LOVE TODAY!

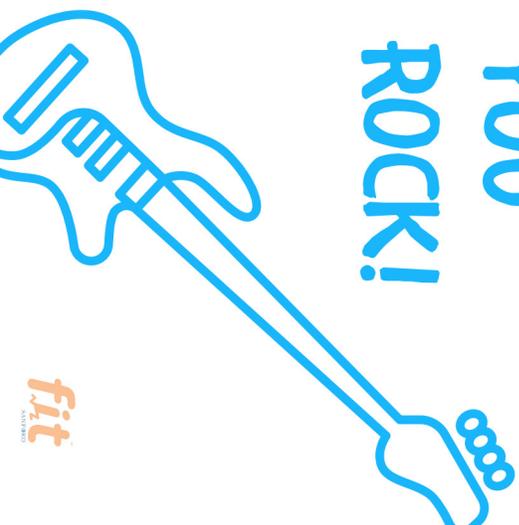
I  
MATTER



I am a  
good listener



YOU  
ROCK!



my words have  
power



you make the world  
a better place



I get better  
everyday



I am  
unique



fit

I love  
myself



fit

I am  
smart

I am  
loved

me

fit

you are  
berry  
special!



fit

I AM  
CONFIDENT

fit

I AM  
CAPABLE OF  
AMAZING  
THINGS

fit





TODAY  
I CHOOSE  
**HAPPINESS**

**fit**  
SANFORD HEALTH

I am  
**smart**

**fit**  
SANFORD HEALTH

I am  
**loved**

**fit**  
SANFORD HEALTH

**I AM**  
**BEAUTIFUL**

**fit**  
SANFORD HEALTH

**I AM**  
**IMPORTANT**

**fit**  
SANFORD HEALTH

I am  
**thankful**

**fit**  
SANFORD HEALTH

TODAY IS A  
**GOOD DAY**

*fit*  
SANFORD HEALTH

challenges help me  
*grow*

*fit*  
SANFORD HEALTH

I AM  
**HAPPY**

*fit*  
SANFORD HEALTH

i can  
make a  
difference

*fit*  
SANFORD HEALTH

I AM  
**creative**

*fit*  
SANFORD HEALTH

I believe  
in  
myself

*fit*  
SANFORD HEALTH



DON'T WORRY  
**BE HOPPY!**



*fit*

I am  
**STRONG**



*fit*

I am  
*kind*



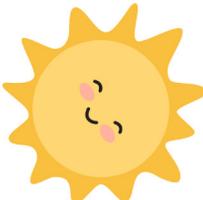
*fit*

I am  
**BIG**



*fit*

I am a  
**good friend**



*fit*

I AM  
**HELPFUL!**



*fit*



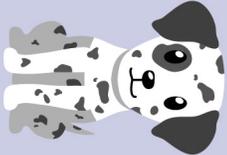


I love you  
**BEARY**  
much!



*fit*

Anything is  
**Paw-sible!**



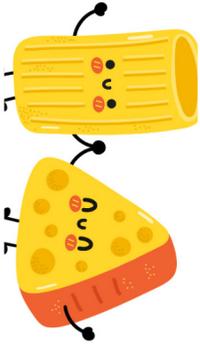
*fit*

**You got this!**



*fit*

You are the  
**CHEESE**  
to my  
**MACARONI!**



*fit*

**Have a  
great day!**



*fit*

**I AM  
BRAVE**



*fit*