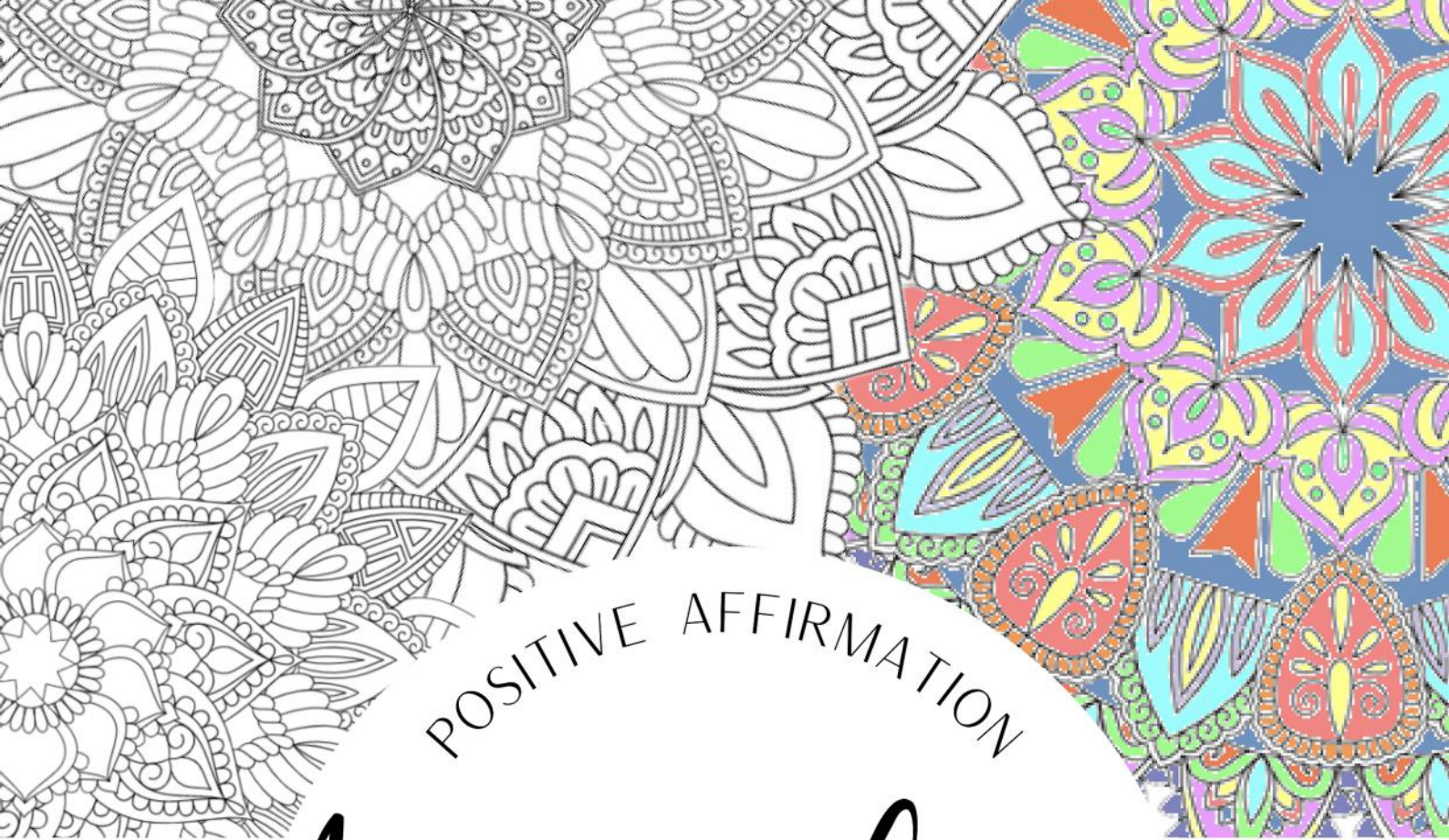
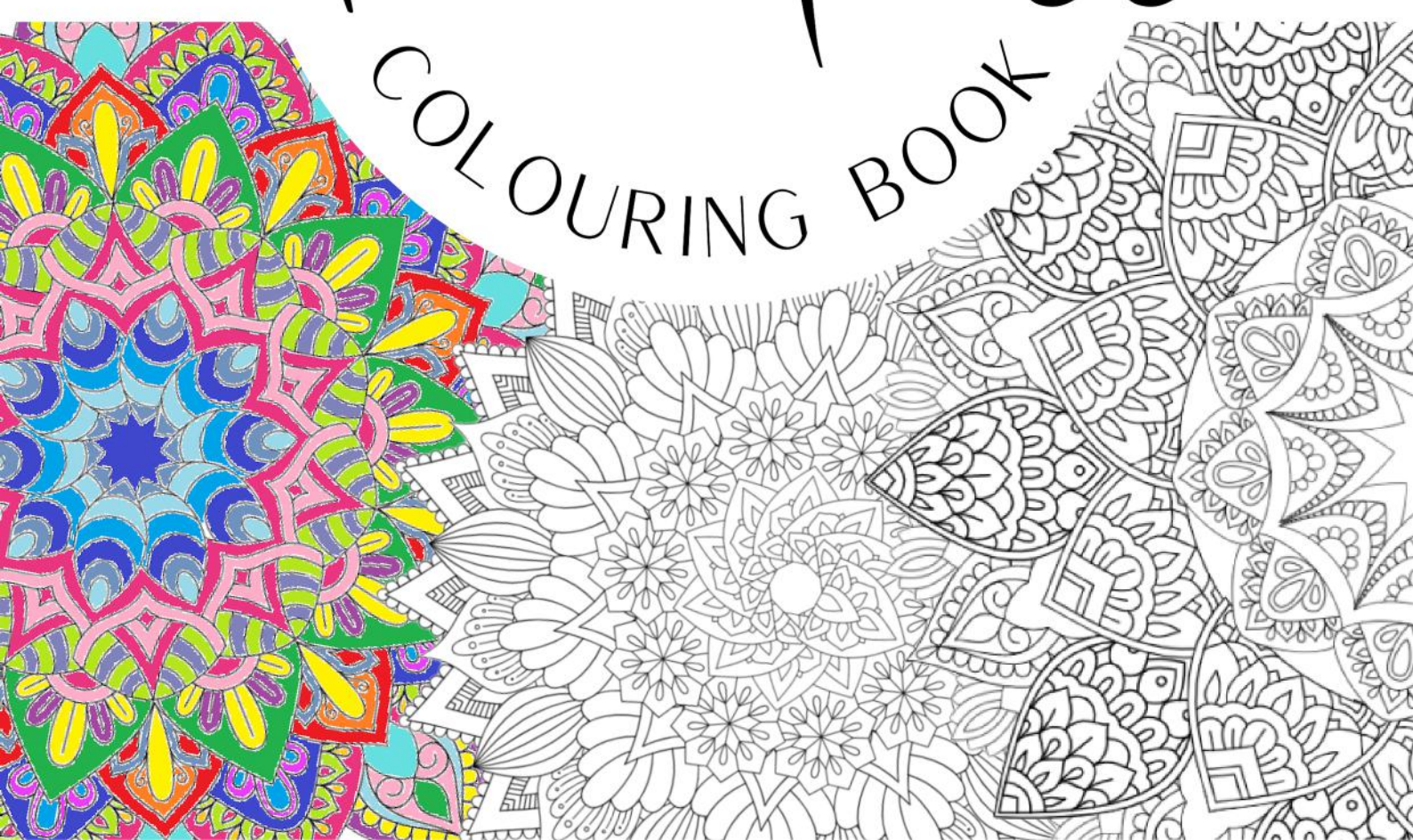




POSITIVE AFFIRMATION

Mindfulness

COLOURING BOOK



Mindfulness Colouring



Mindfulness colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

"In this current moment I am colouring in a mandala"

If we catch ourselves thinking about the past or the future, we can bring our awareness back to what we are doing in the present moment by describing what we are doing, or noticing the physical feelings of the colouring.

We need to let go of judging whether the colouring in is good or bad, amazing or terrible and whether we are good at it or not. There is no right or wrong way to colour in, it is a form of self-expression.

"I am colouring really hard"

"I have picked up a green pencil and will colour the centre of the mandala first"

Mindfulness can improve our overall sense of wellbeing. We feel more relaxed by paying attention to the present moment.

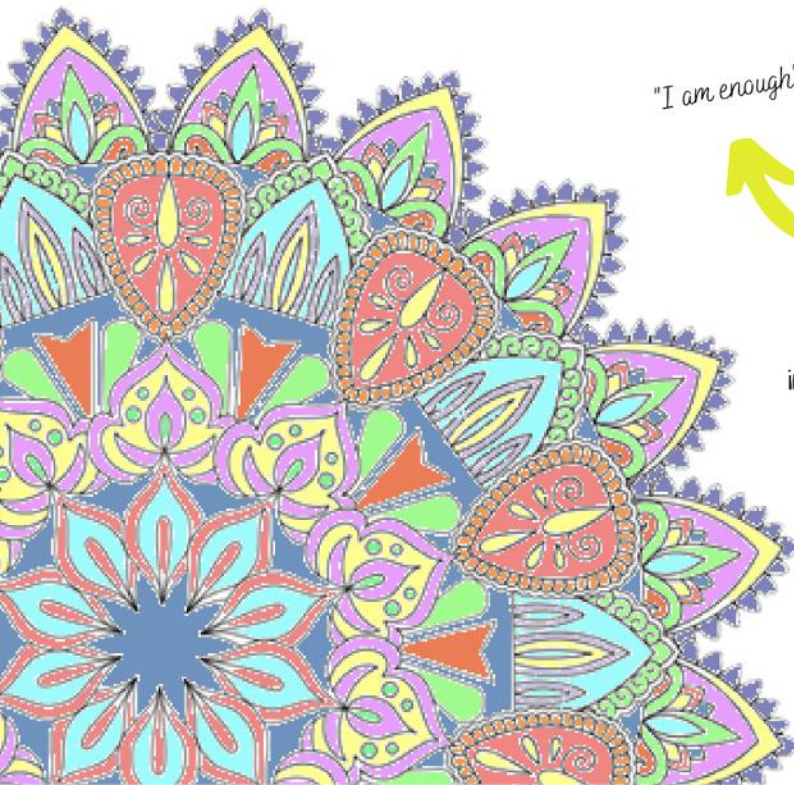
"Colouring helps my mind wind down after the stresses of the day at work or school"

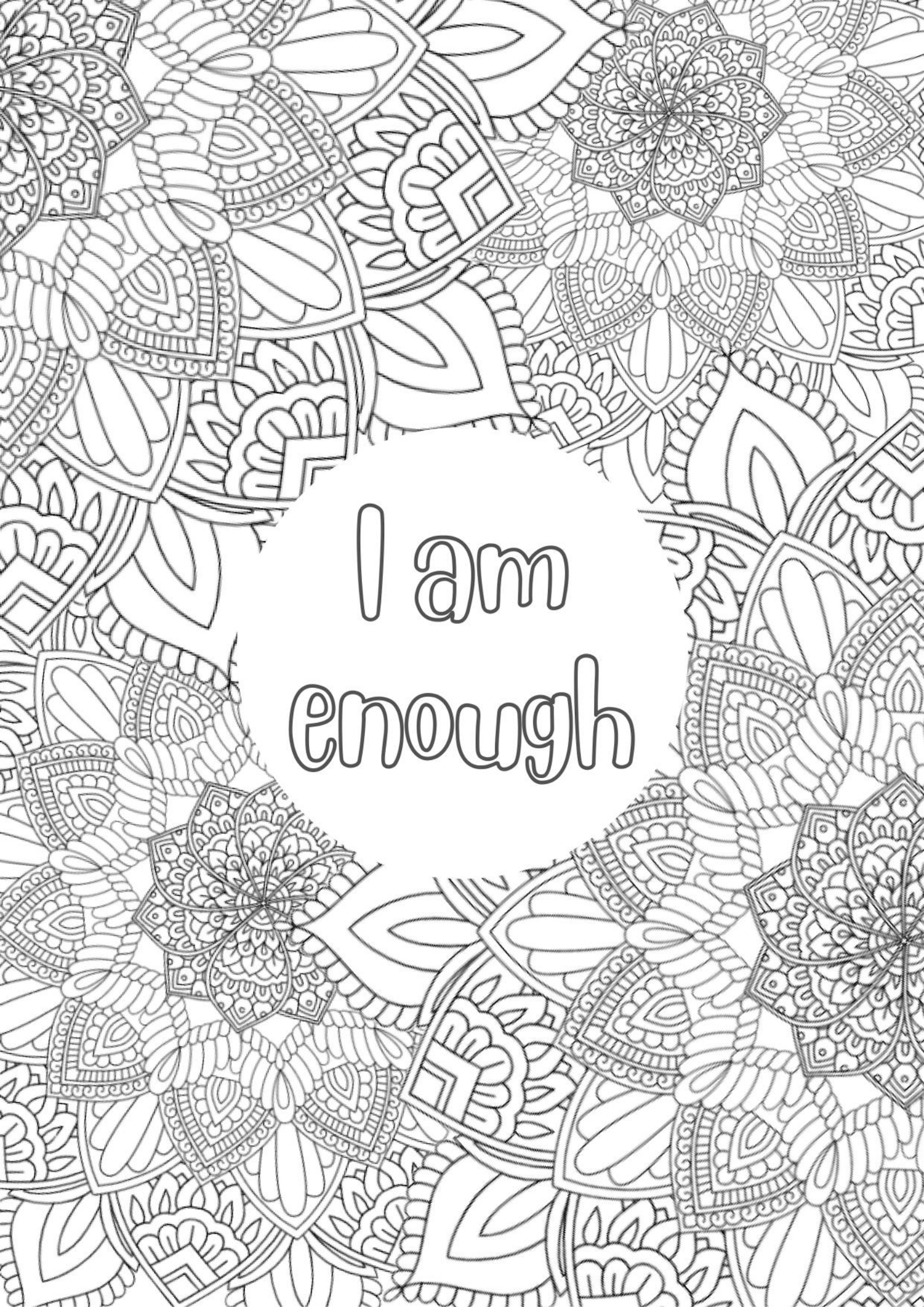
"I am enough"

Positive affirmations

Positive affirmations are not just words we've included on these pages, they are one of the most effective ways to change your thoughts, habits and behaviour.

They can help to change your negative self-talk, leading to an increase in confidence, motivation and wellbeing.





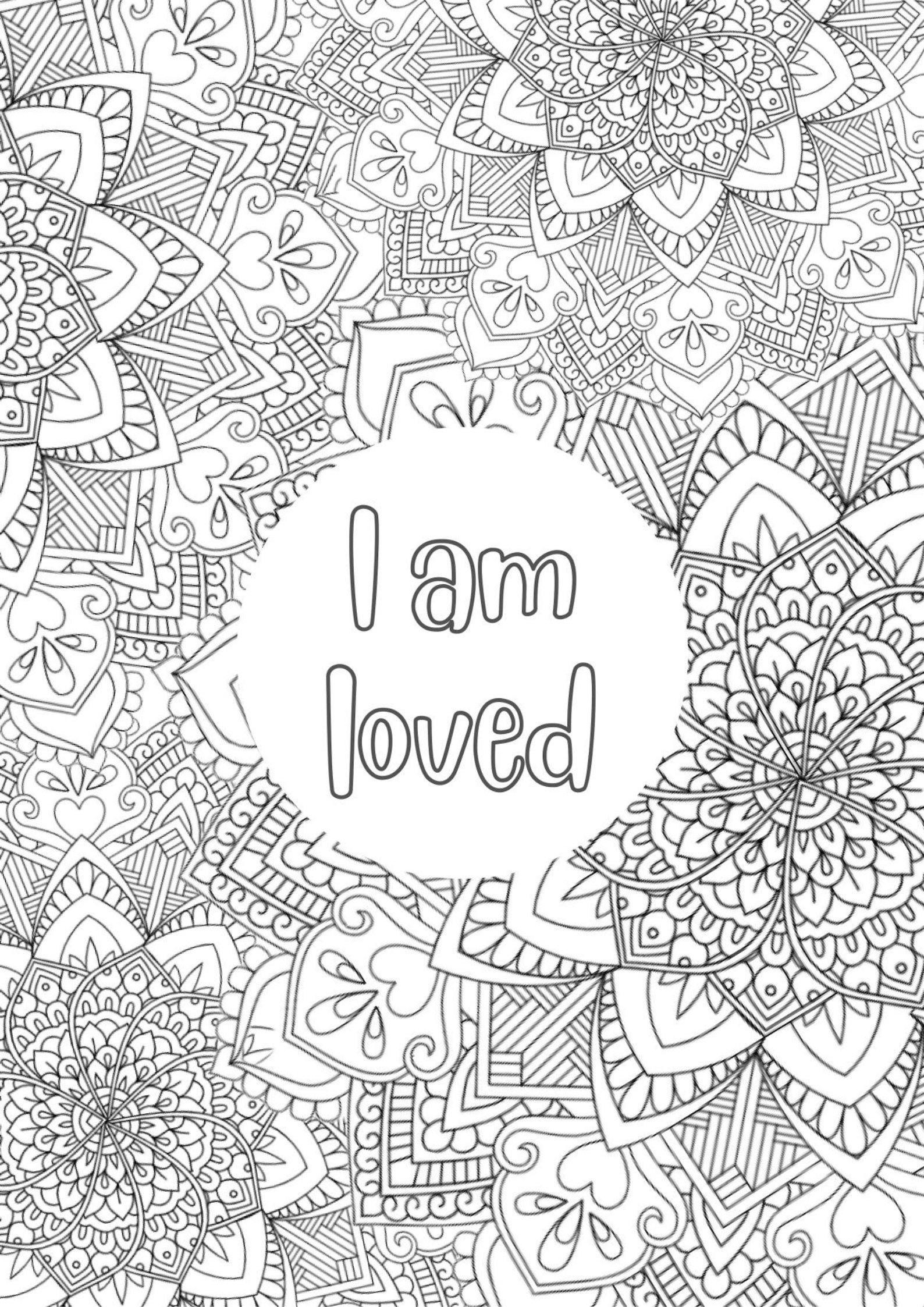
I am
enough



I am
capable



I am
worthy



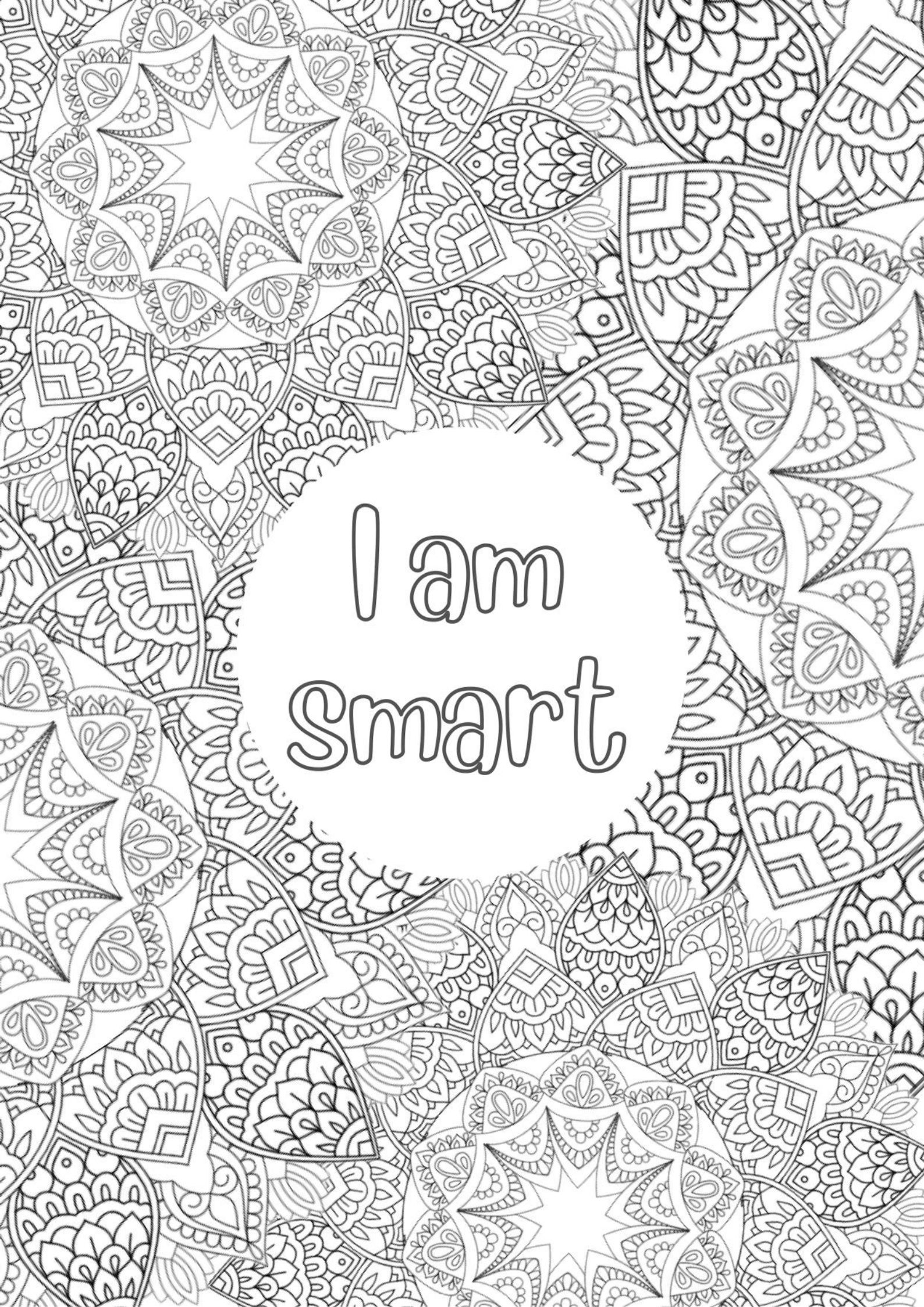
I am
loved



I am
strong



I am
kind



I am
Smart



I am
brave



I am
unique



I am
grateful