



Mindful Coloring



Welcome to your Mission!

This mission is designed to help you relax, find joy, and embrace positive energy through the simple act of coloring.

Why Color?

Coloring can reduce stress, improve focus, and promote relaxation. Each page combines uplifting imagery with positive affirmations to enhance your well-being.

How to Use This Book:

1. **Find a Quiet Space:** Choose a comfortable spot where you can relax.
2. **Gather Your Supplies:** Use your favorite coloring tools.
3. **Set an Intention:** Focus on a positive thought before you begin.
4. **Enjoy the Process:** Color at your own pace and let go of expectations.
5. **Reflect:** Take a moment to appreciate your work and the peace it brings.

What's Inside:

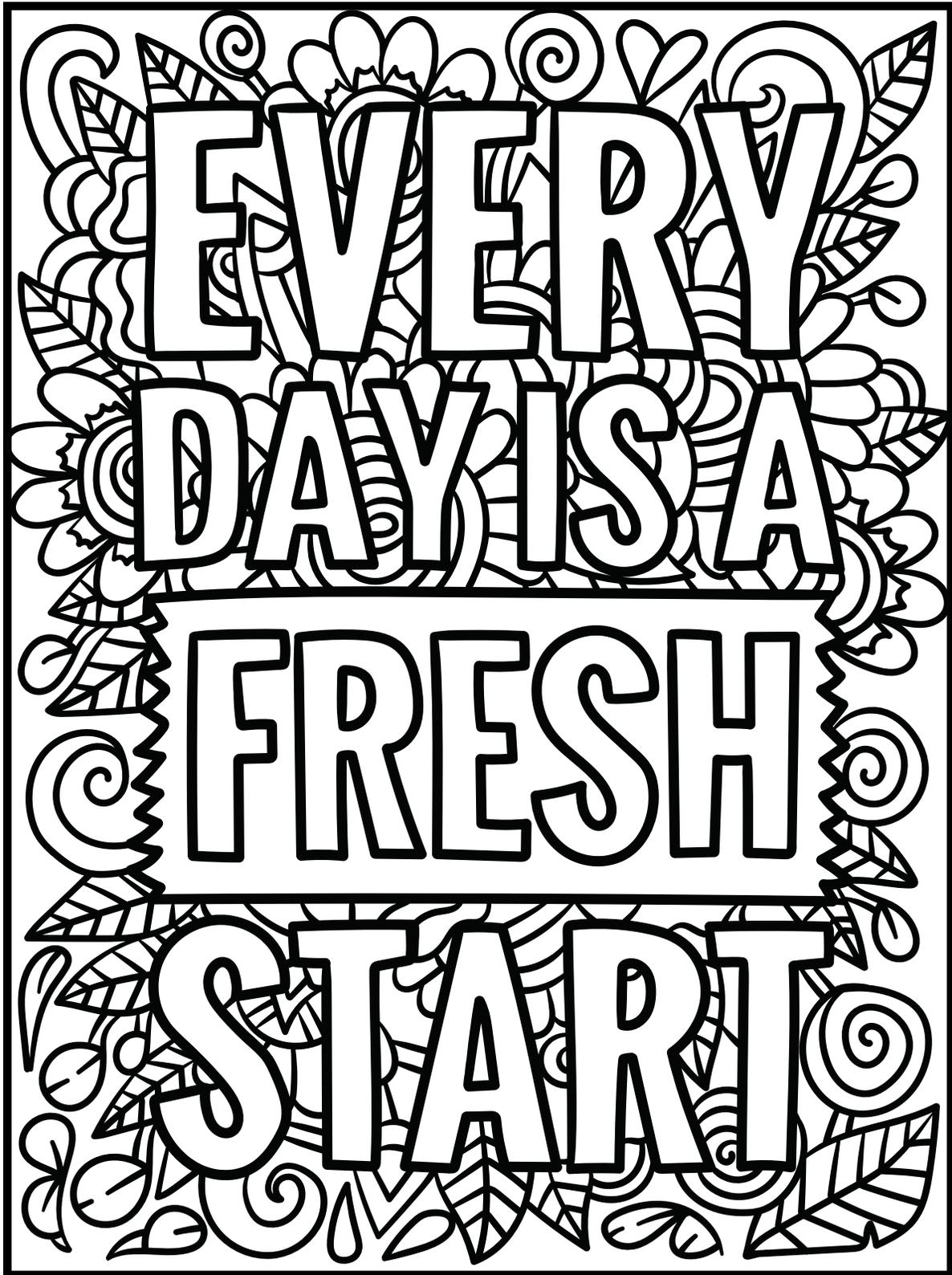
You'll find beautiful illustrations paired with inspiring quotes to uplift your spirit.

May it bring you peace, joy, and positivity.

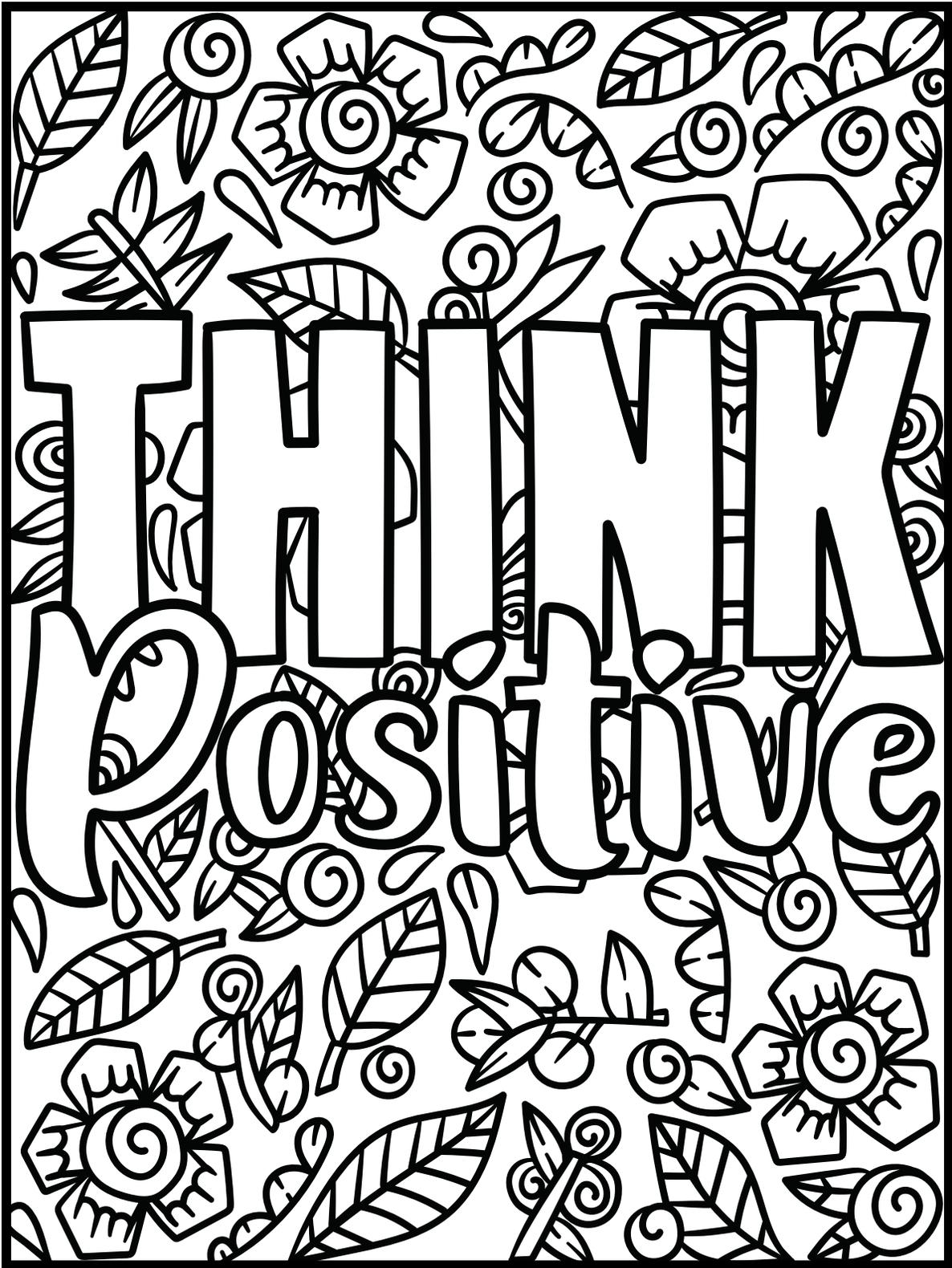
Happy Coloring!



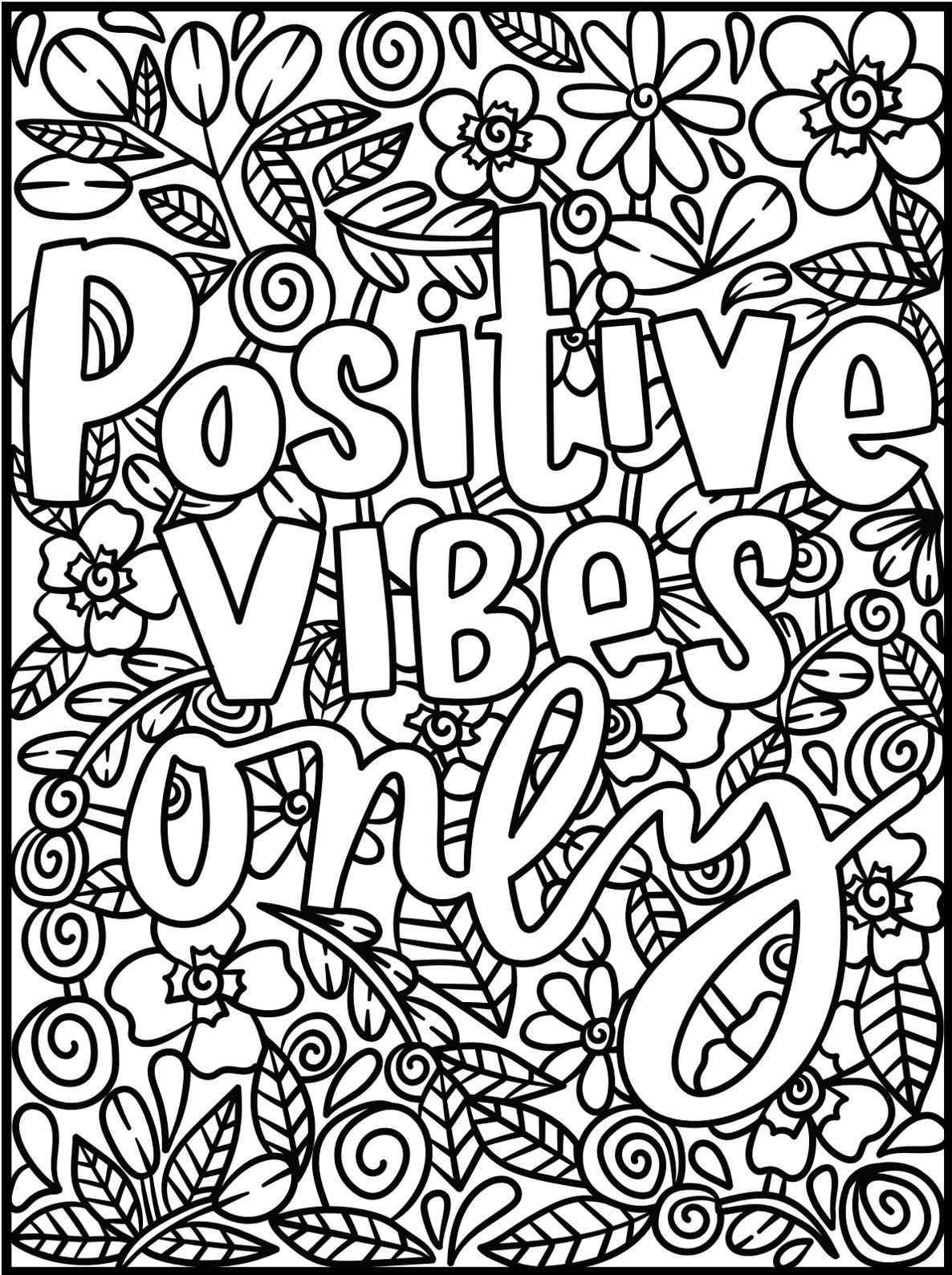
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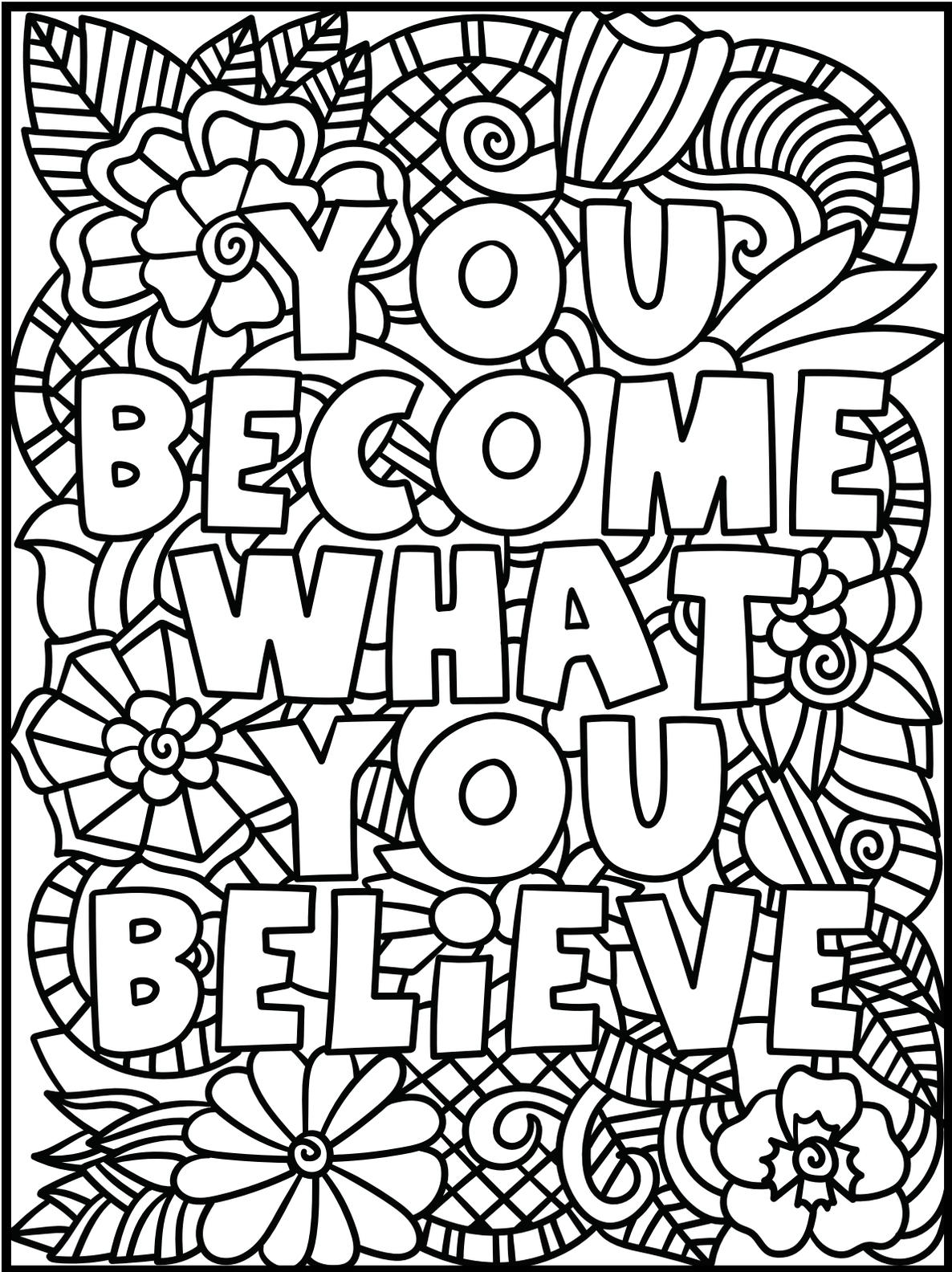
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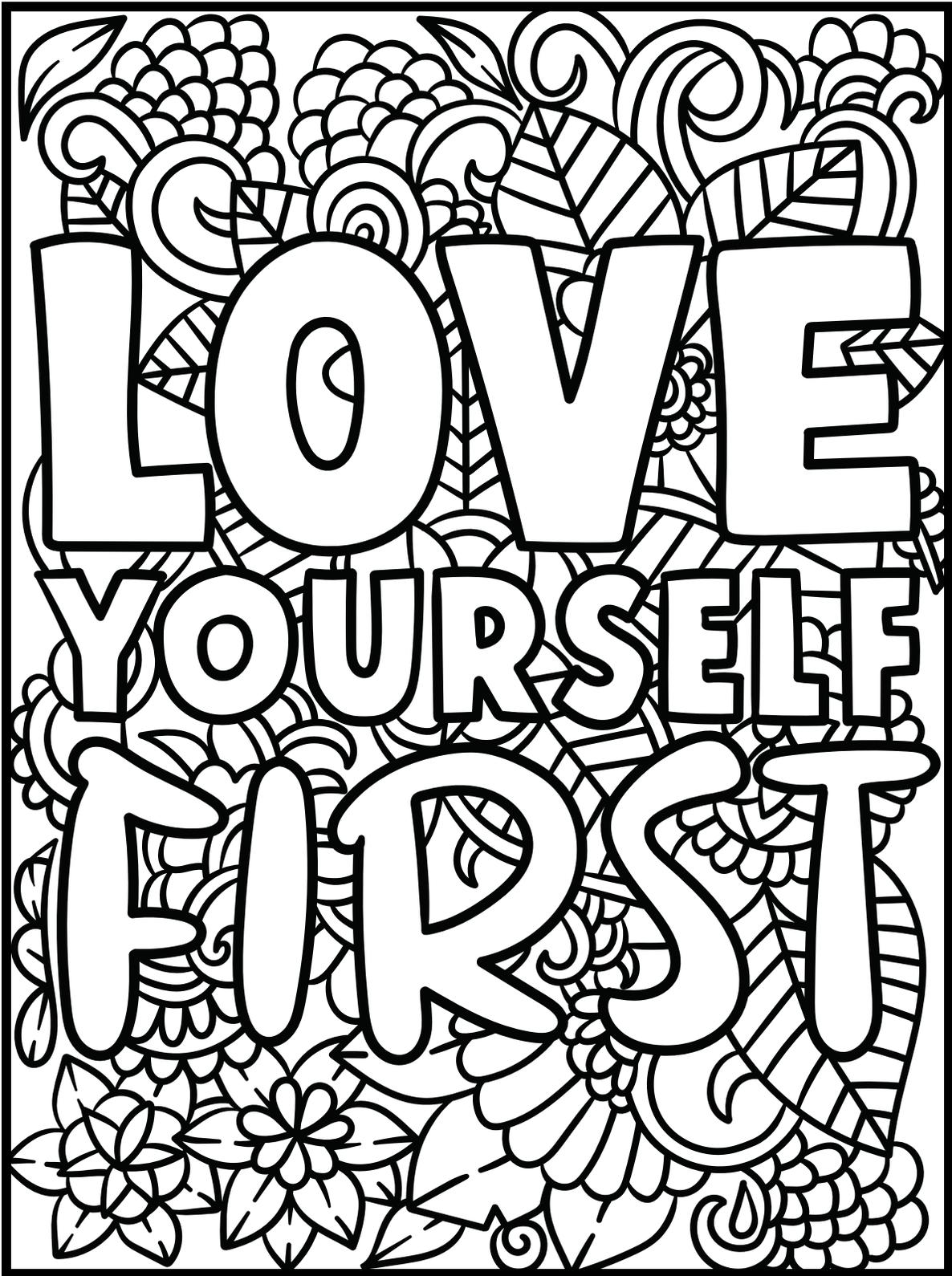
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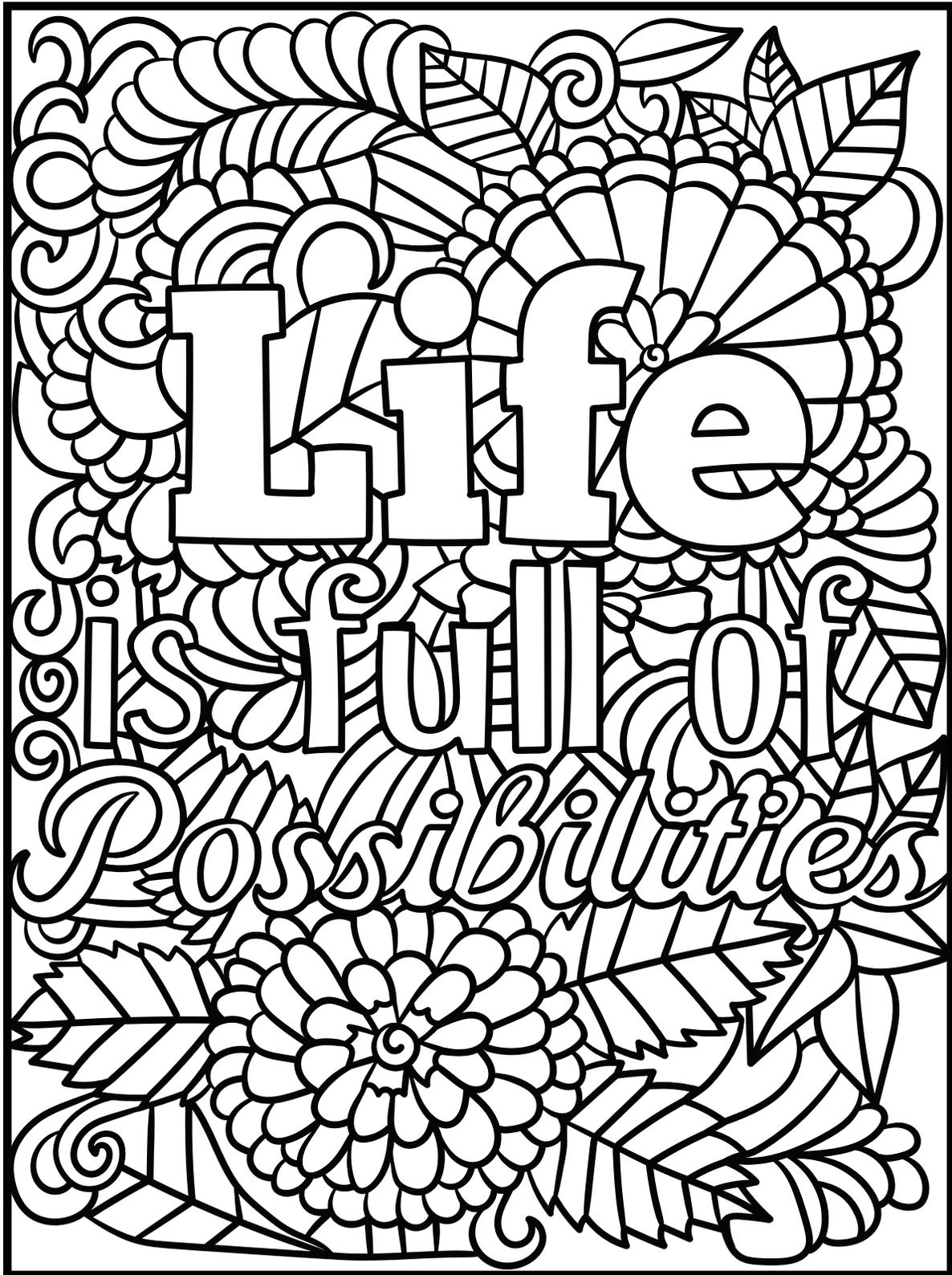
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