



Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING

## HOW TO USE THESE PAGES

1. Find a quiet place, light a candle or play some soft music.
2. Choose one page that you are drawn to & colour slowly, notice the colours, allow your mind to wander.
3. Remember this is your time for you. There is no rush, allow yourself to simply enjoy the moment.



NOT ALL WHO WANDER ARE LOST

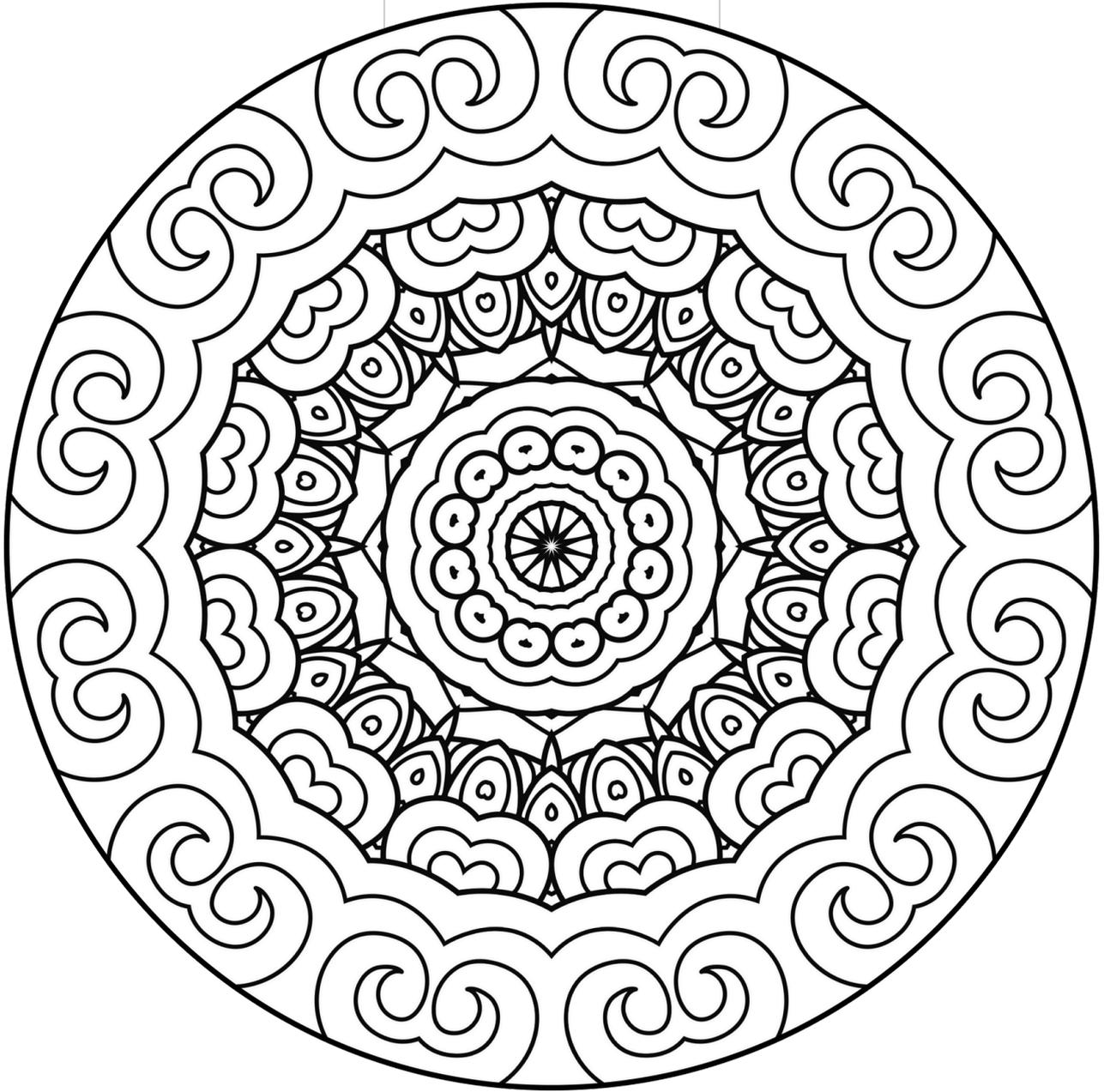


Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING



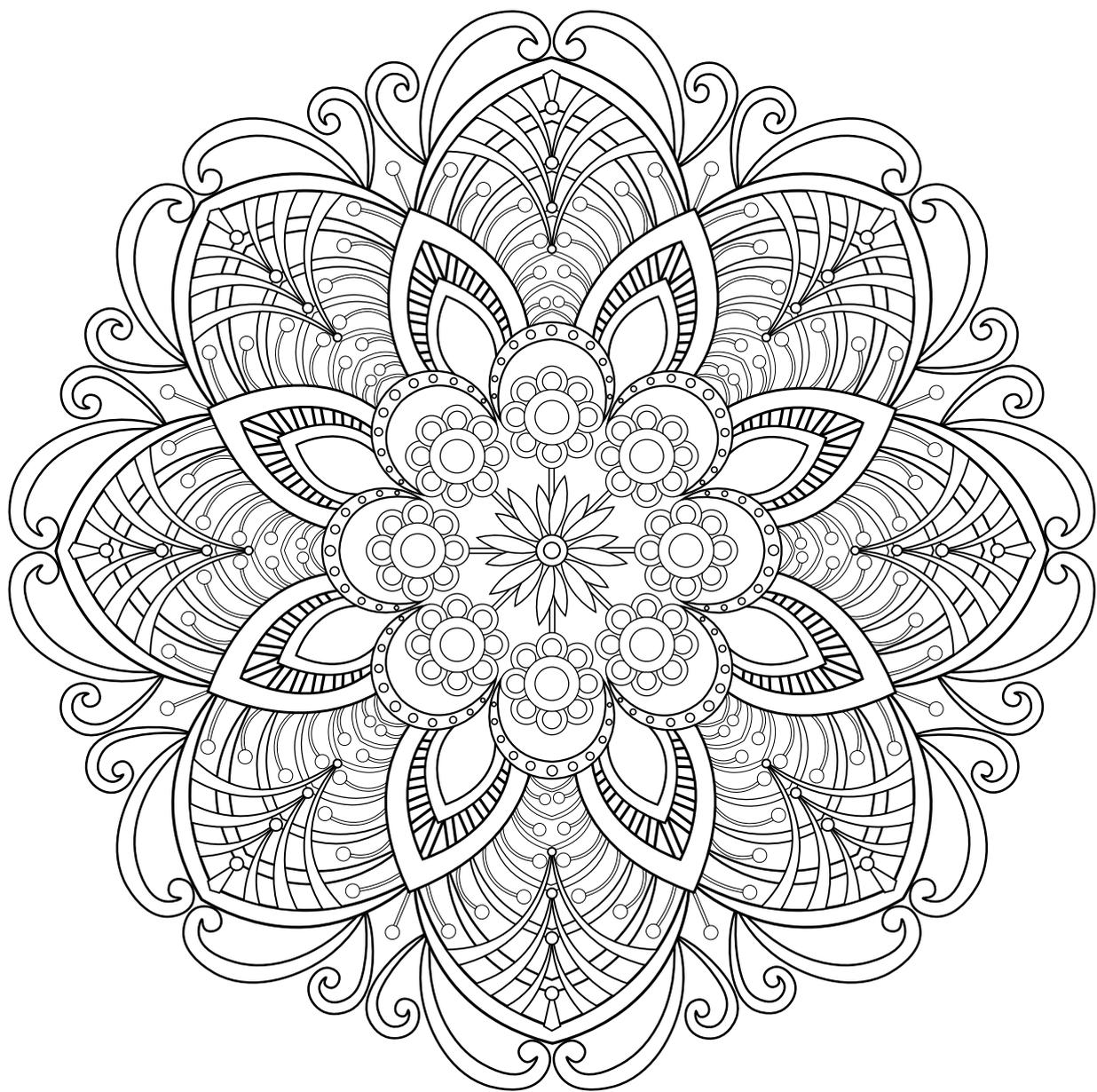


Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING





Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING



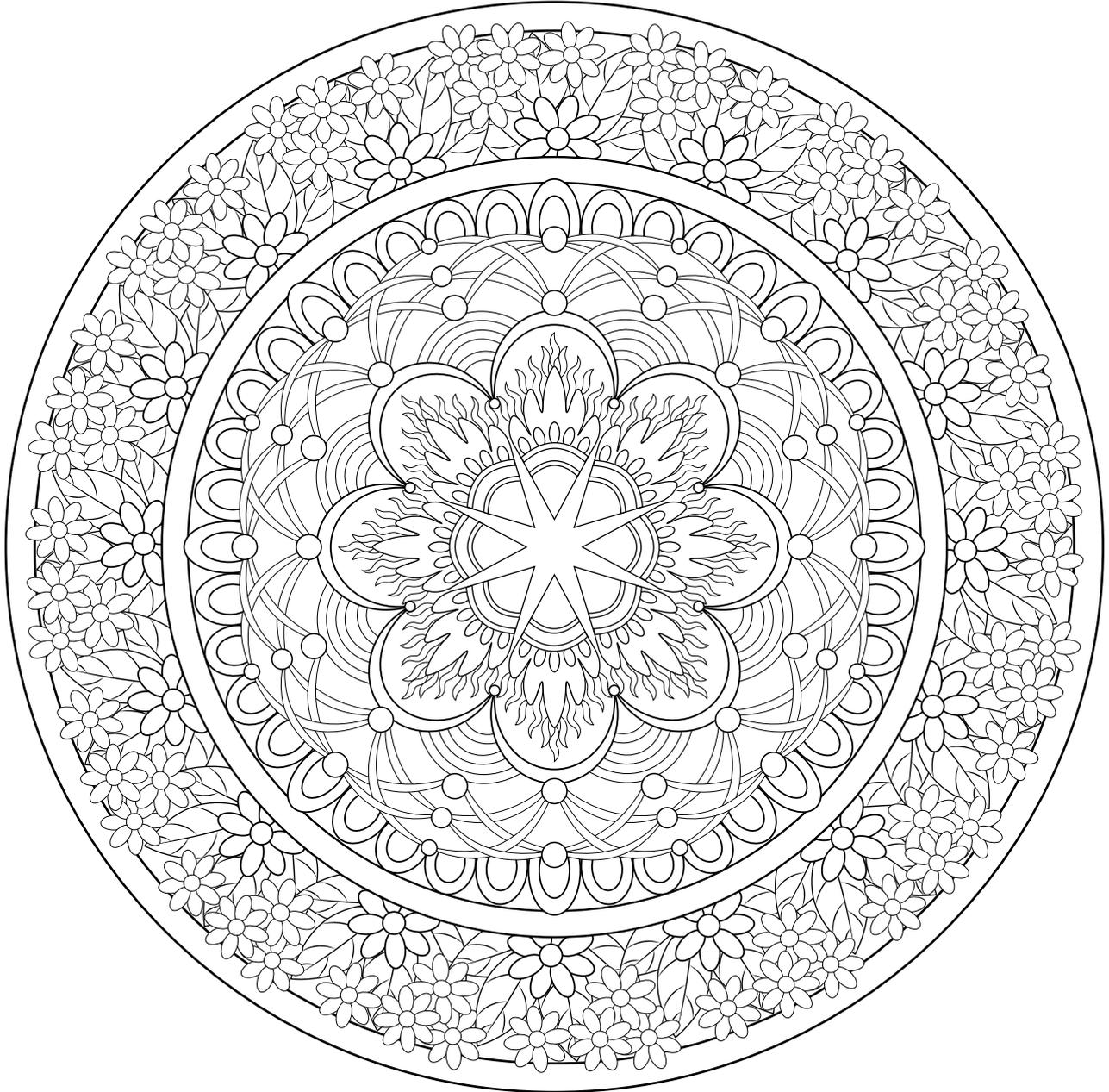


Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING



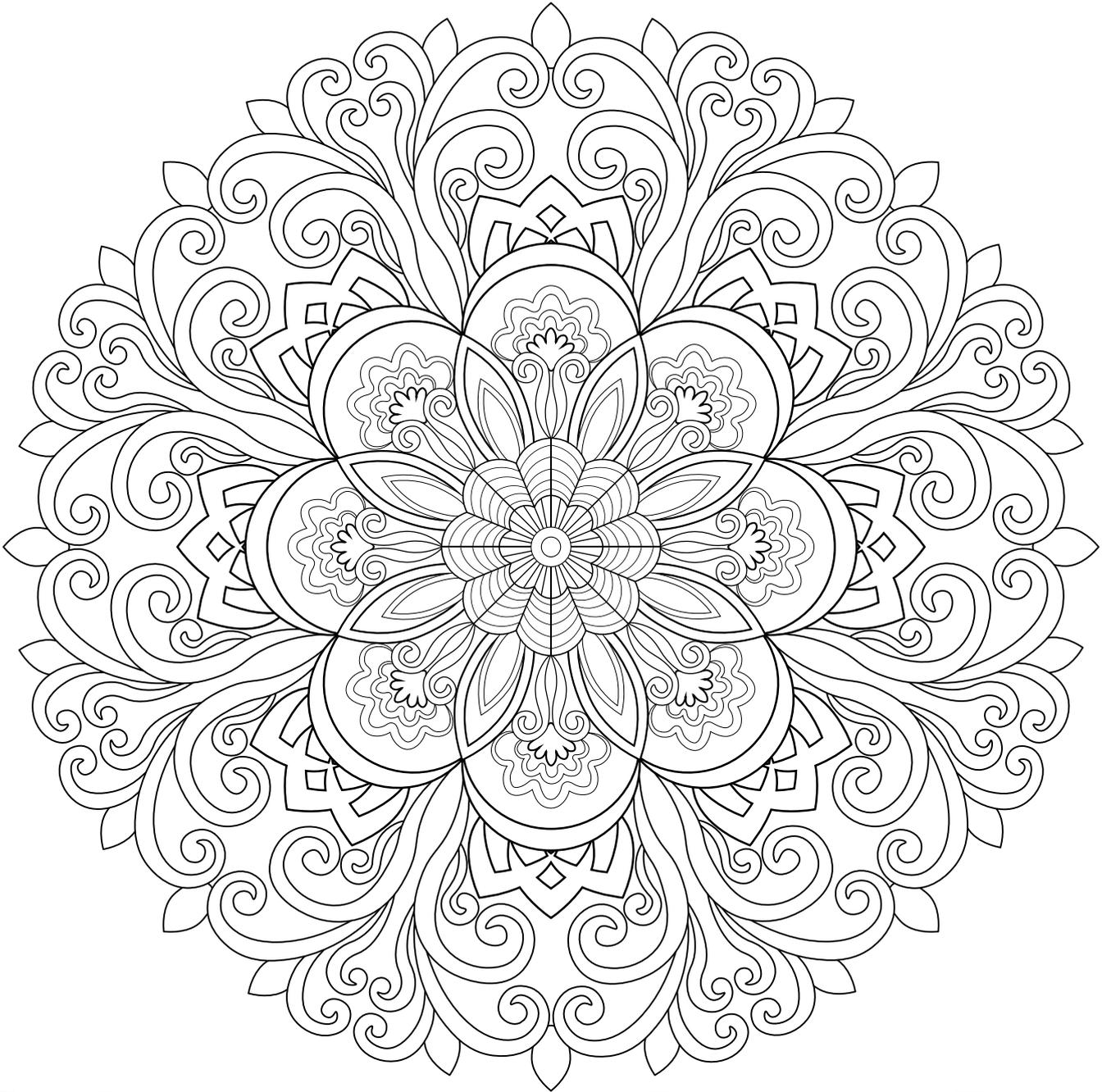


Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING



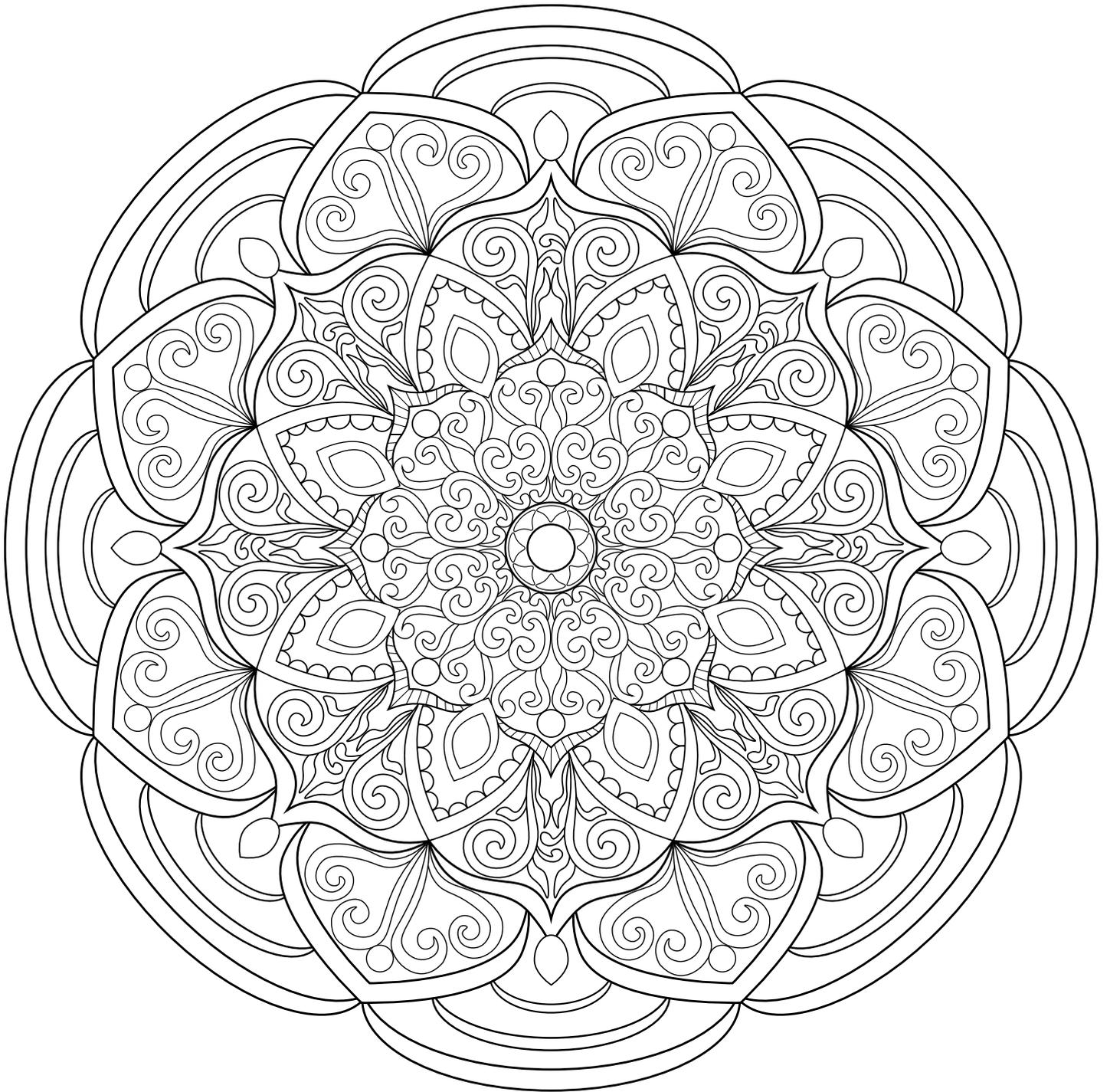


Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING





Empower & Bloom

# MINDFUL COLOURING

/ /

TODAY I'M FEELING

