

Name: _____

SunChild



✦ Colouring Book ✦

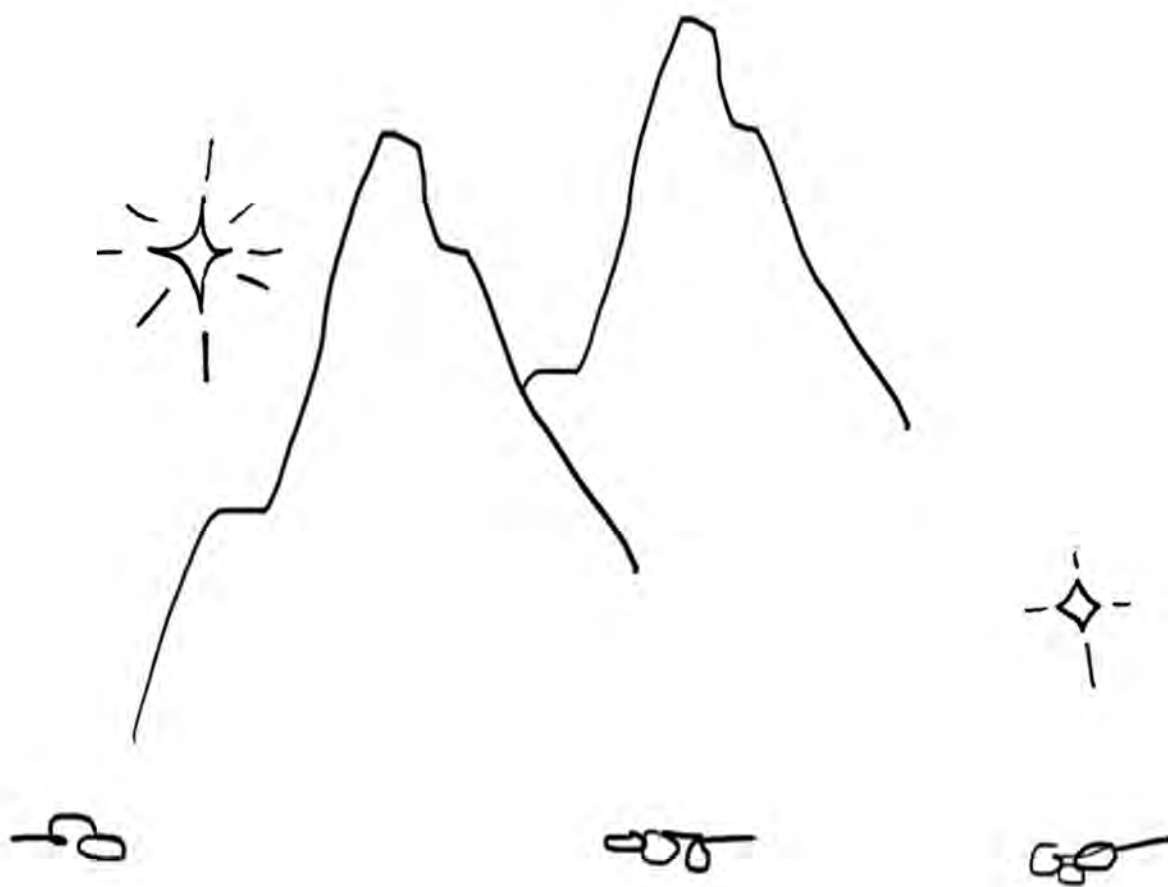
10 Positive affirmations to be printed out at home,
with an added bonus of create your own affirmation



Name: _____

I am Brave

Today I will stand strong and tall
like a courageous mountain so that
no pebbles can ever knock me down





Name: _____

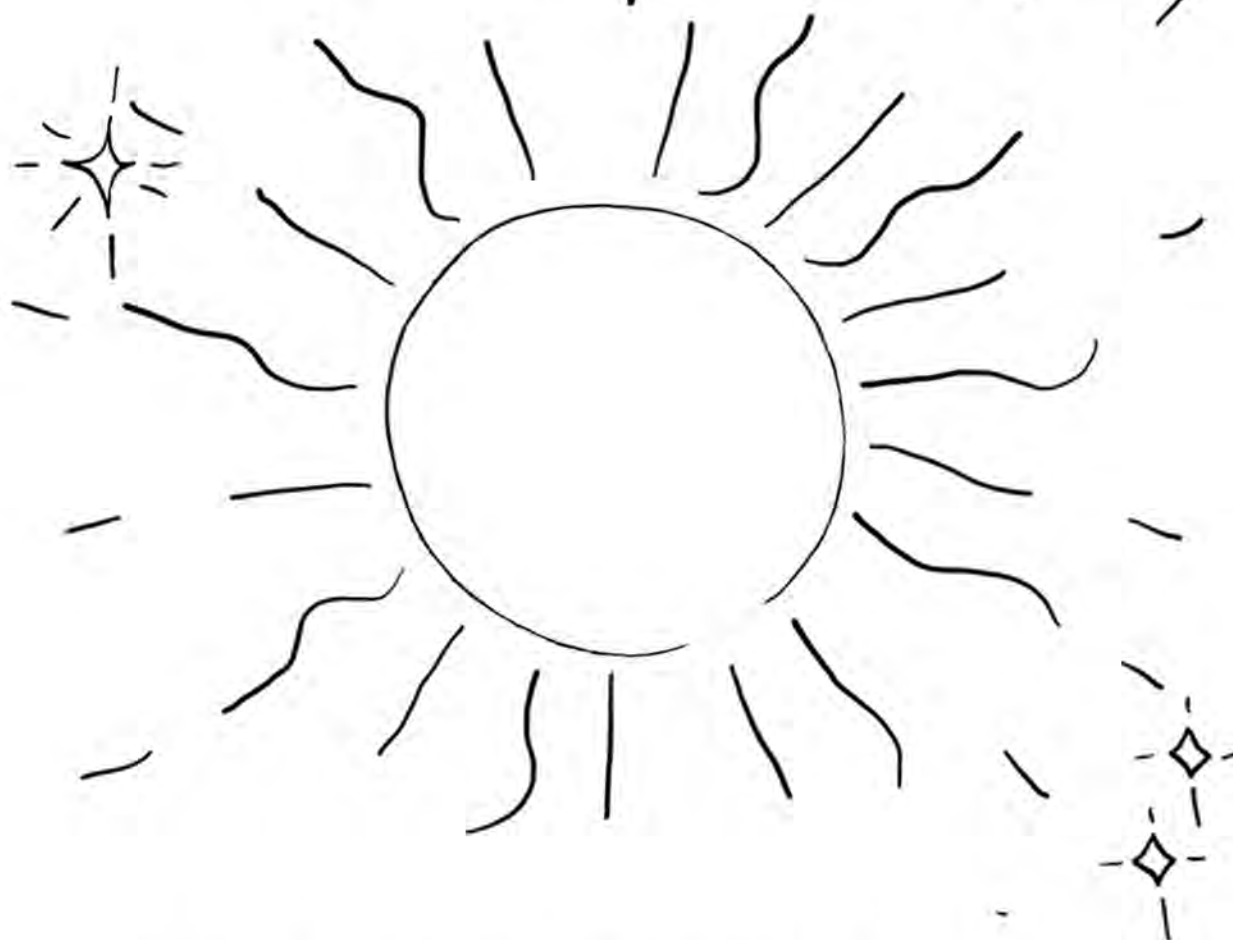
I am Calm

Today I dive beneath the crashing waves
of the ocean, into nature's calm waters, and
now I swim towards my inner peace



Name: _____

I am Here Now



Today I pay attention to everything I do and say
like the bright golden sun which shines constantly
and moves with each moment of the day



Name: _____



I am Important

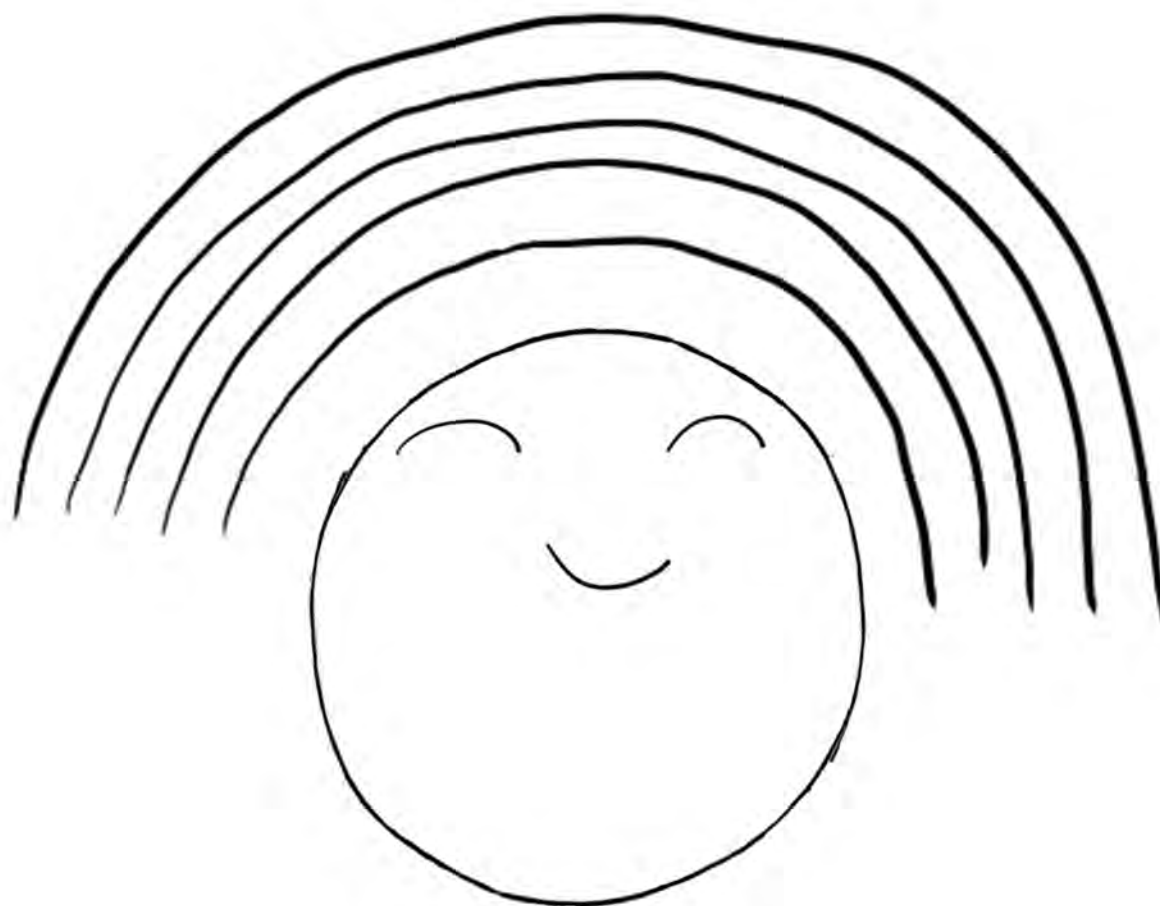
Today feathers float and dance around
me as the angels are blessing and
caring for me





Name: _____

I am joyful



Today when I smile at everyone I meet,
the whole wide world will smile back at me



Name: _____

I am Kind



Today as I hear the sweet sound of the hummingbird singing up in the trees, I will also choose to speak to myself and others lovingly



Name: _____



I am Proud to be me

Today I fly like a bird soaring through
the trees. I am free and loving being me





Name: _____

I am Smart



Today I plant curious
seeds into the garden of my mind, so
that thoughtful flowers grow and
magical creations bloom



Name: _____

I am Supported



Today no matter how dark the day may seem,
I know the sun will rise each morning
to shine its golden light on me



Name: _____

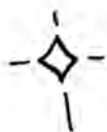


I am Whole

Today the sun shines brightly as I laugh
with joy but if I need to weep, a rainbow
filled with love shall form



Name: _____



I am _____
