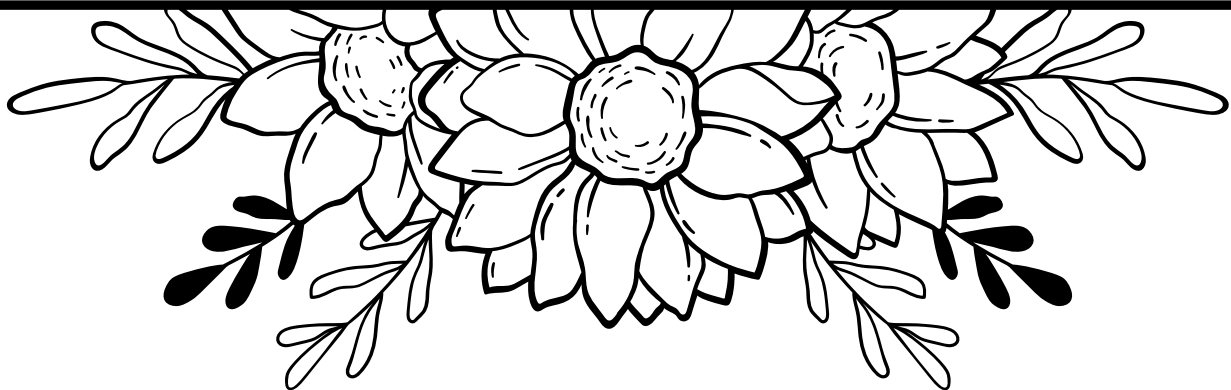


AFFIRMATIONS



COLORING BOOK



AMAZING



List reasons why you are amazing:



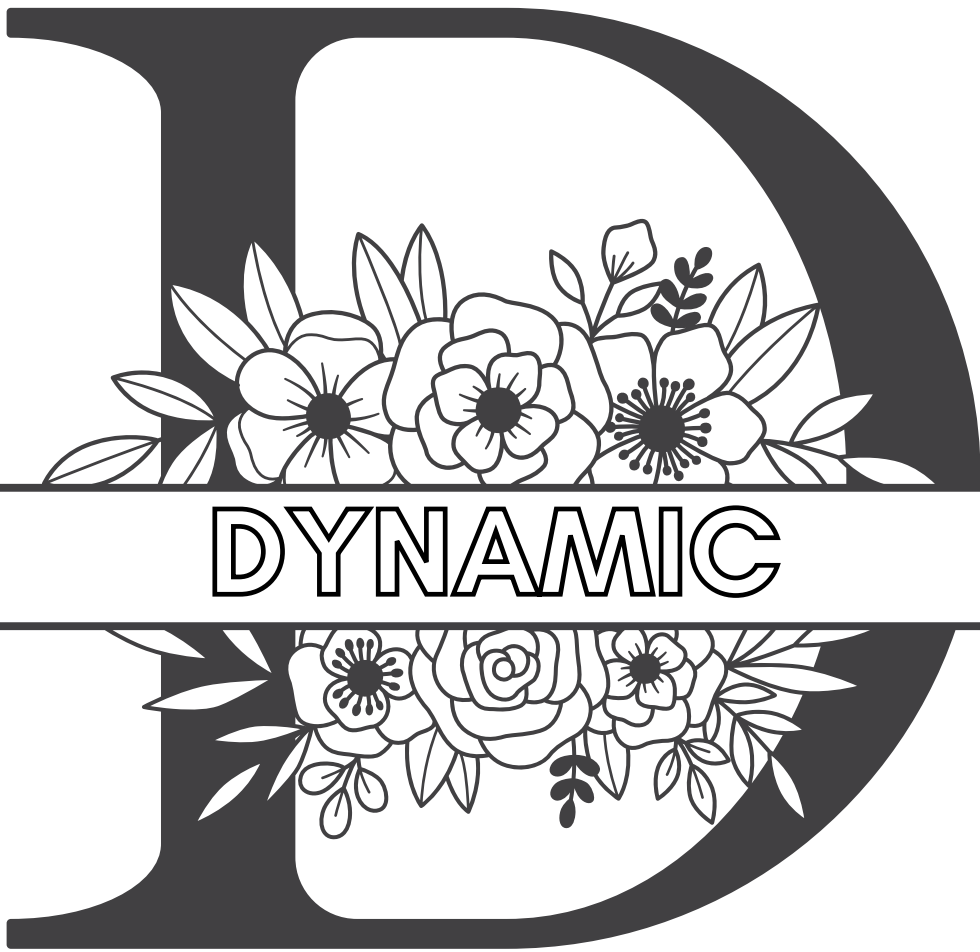
BLESSED



Reflect on why you are blessed:



Write about how you are creative:



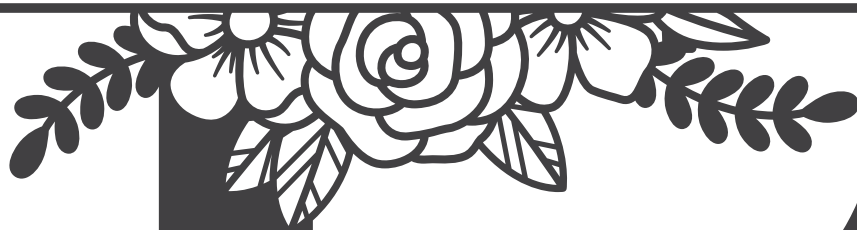
DYNAMIC

Reflect on how you are dynamic:

I



ENERGETIC



Write about what energizes you:



FUN



List things you find enjoyable:



Write about a time you were generous:

A large, empty rectangular box provided for writing a response to the prompt above.



List things that make you happy:



Share how you have been insightful:



JOYFUL



List memories that make you feel joy:



Reflect on times you have been kind:

I



LOVING



Who do you love and why?



Reflect on times you have been strong:

A large, empty rectangular box with a thin black border, intended for writing a reflection on times of strength.



Write about nice things you have done:



OPTIMISTIC

What are you optimistic about?



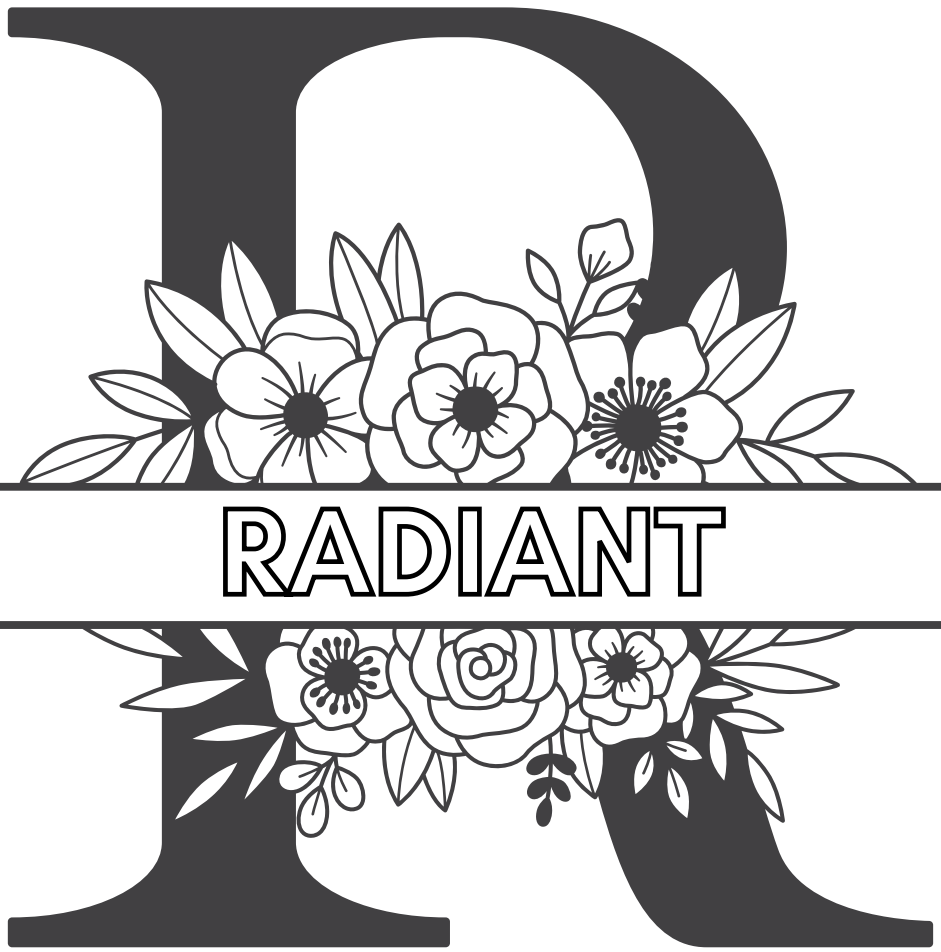
PROUD



Write about something you're proud of:



What makes you stand out from the crowd?



What skills do you have that shine?



List reasons why you are special:



TRUSTWORTHY



Reflect on why others trust you:



Share what makes you unique:



VALUED



Think about what others value about you:

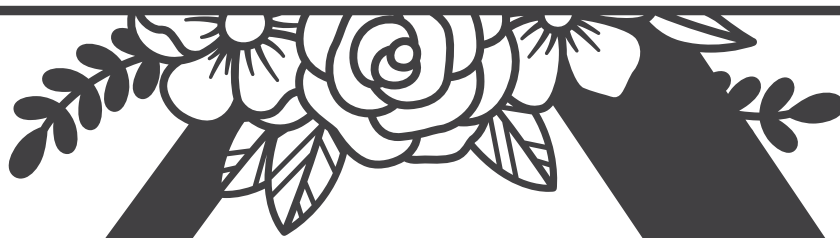


Reflect on why you are worthy of love:

X



EXCITEABLE



X

What makes you excited?



YOUTHFUL



What makes you feel young at heart?



ZEN



List things that make you feel calm: