

INTRODUCTION



Thank you for purchasing this book. It was so much fun to create and I'm sure you'll have even more fun filling it in.

Mindfulness workbooks are an amazing thing to have in your life. They help to give you a starting point for bringing mindfulness into your every day life. When you're finished with it, you'll have a work of art to look back on, too!

By spending time focusing on the present you can help to improve your mindfulness and find inner peace and happiness.

- Jenny Kellett

HOW TO USE THIS BOOK

A mindfulness workbook is your place to get creative and have fun, while focusing on the present. There are no right or wrong answers!

How you use this book is entirely up to you, but I recommend doing one page per day. There's no need to rush, either — spend at least 10 minutes on that page. Enjoy your time on that page.

Your mindfulness journal is something that you should keep. Remember to regularly look back on what you have written down and created over the previous days.

You'll also see Freedom Pages dotted throughout the book. This is your chance to let your creativity shine in any way that you like!

Let's have some fun...



LIST 5 THINGS IN YOUR LIFE THAT
MADE YOU SMILE TODAY...

1

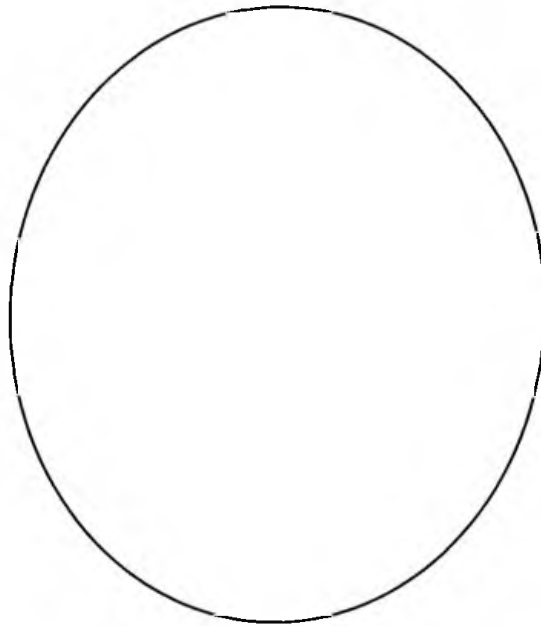
2

3

4

5

USE THIS CIRCLE TO DRAW YOUR BEST FRIEND...



... MAKE SURE YOU SHOW IT TO THEM!

SEE HOW MANY HEARTS YOU CAN DRAW ON THIS PAGE...



USE YOUR COLORING PENCILS TO TAP YOUR FAVORITE SONG
ON THIS CIRCLE. DON'T BE AFRAID TO SING ALONG!



BRING THESE PLANTS TO LIFE WITH
SOME BEAUTIFUL COLORS...



LIST 5 THINGS YOU LOVE ABOUT YOUR PARENTS...

1 _____

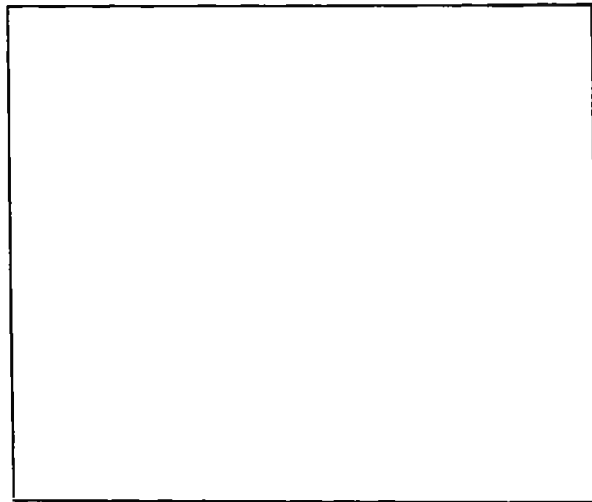
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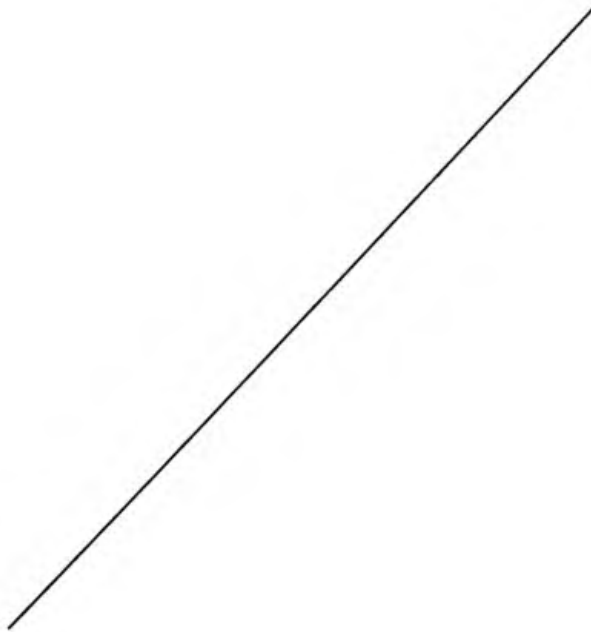
5 _____

USE THIS SQUARE TO DRAW YOUR DREAM HOME...



IF YOU COULD BE ANYTHING WHEN YOU GROW UP, YOU
WOULD BE A DRAW YOURSELF
DOING THAT JOB:

USE THIS LINE TO DRAW SOMETHING THAT MAKES YOU
LAUGH...



COMPLETE THESE SENTENCES...

I AM

I LOVE

I WISH I WAS

MY FAVOURITE THING IN LIFE IS

WHAT I LOVE MOST ABOUT MY BEST FRIEND IS

DECORATE THIS CUPCAKE...



DRAW YOUR FAVORITE DISNEY CHARACTER...

