




Coloring Method

 **Print at home exercise**

To affirm a positive thought is to hold a precious space for your inner wisdom to speak.

Connecting with a positive affirmation allows you to open up a dialogue with the deepest parts of yourself. This dialogue reveals something akin to a box of treasures, treasures that hold answers and foresight into the thoughts, ideas, and memories that hold the structure of who you are.

Through coloring and journaling get to know, explore, and embody the simple message of 'I Am Complete'. Follow the simple steps of breath, coloring, and intention to empower and embody your message + use the journal questions to dive deeper into yourself.

On this journey:



You will use your breath to find presence.



You will use your thoughts to embody your message

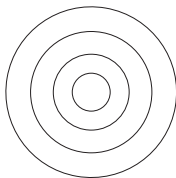


You will use the act of journaling + coloring to gain mental focus and energize your message.

1



Color the circle as you affirm to yourself 'I am complete and I embody this message'



2

follow up by answering the journal questions

What is your relation to this affirmation?

Are there any memories attached to this affirmation?

How does this affirmation stimulate you?

How does it feel to embody this affirmation if you accept it as a fact?

How would you breath if you felt fully complete? How would you stand? How would you talk? Who would you be?
