



# Inspirational Positive Affirmations Adult Coloring Book: Nurturing and Loving Words to Feed Your Soul

*Kelly Dombrowski*

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**30 Carefully selected inspirational positive affirmations to color for yourself or for someone you love!**

- Each design is **printed on one side only** to be easily colored and framed
- Each coloring page is **designed for meditating** and **maximum relaxation** and **stress relief**
- All levels of coloring abilities from **easy to difficult**
- All kaleidoscopes made from the "Winged Nature" motif so ensure continuity of design and maximize **decor potential**
- Perfect as a **Mother's Day gift** or gift for someone special in your life! Including YOU!
- Positive affirmations are proven to have **lasting effects on health and happiness** and even weight loss if practiced regularly!
- Coloring is FUN!
- Nice comfortable size to color in **8 1/2" x 11"**
- **30 single-sided pages**
- **60# White paper**

This book will keep you **SANE!**

- Standing in piles of dirty laundry? Color "I am Elegant."
- Still in your PJ's at 6 PM? Color "I am Relaxed."
- Discover baby puke on your blouse on your way to a wedding? Color "I am Gorgeous."
- Hot flashes got you down? Color "I am Alive."
- Can't get the zipper up on jeans you just bought? Color "I am Cherished."
- Teenager slamming the bedroom door? Color "I am Peaceful."
- Toddler creative with that permanent marker? Color "I am Cheerful."
- Tired? Different shoes on each foot? Color "I am Smart."
- Teenager wreck the new car? Color "I am Forgiving."
- Hairdresser thought you said blue and not red? Color "I am Renewed."
- Catch your teen sneaking out? Color "I am Intuitive."
- Your crazy girlfriend just called you from jail. Color "I am Virtuous."
- Best friend stab you in the back? Color "I am Wise."
- You got dressed in the dark and you don't match? Color "I am Bold."
- Wore 4 inch heels to the museum? Color "I am Brave."
- Shared your Snicker's with a co-worker? Color "I am Compassionate."
- Did your own taxes? Color "I am Empowered."
- Dog won't stop barking at the wind? Color "I am Tranquil."
- Two hours sleep? Color "I am Energized."
- Teenagers all around and YOU have to let the dog out? Color "I am Faithful."
- Gum in the washer and it only got on ONE pair of new jeans? Color "I am Grateful."
- Just missed getting hit by a car that blew a red light? Color "I am Exhilarated."
- Made dinner with just canned goods and beans? Color "I am Imaginative."
- Burn your hand on the grill? Color "I am Healed."
- Mediate a fight between petty co-workers? Color "I am Just."

- Husband forget your 25th Anniversary? Color " I am Merciful."
- Pull apart the kids fighting? Color "I am Nurturing."
- Forgot to do laundry but found clean underwear? Color "I am Thankful."
- Lady with the overflowing cart dives to get in the checkout line first? Color "I am Kind."
- Teenager screaming "I hate you!" and slamming the door in your face, again? Color "I am Loving."

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