



A Little Bit of Positivity.

A mindfulness colouring book

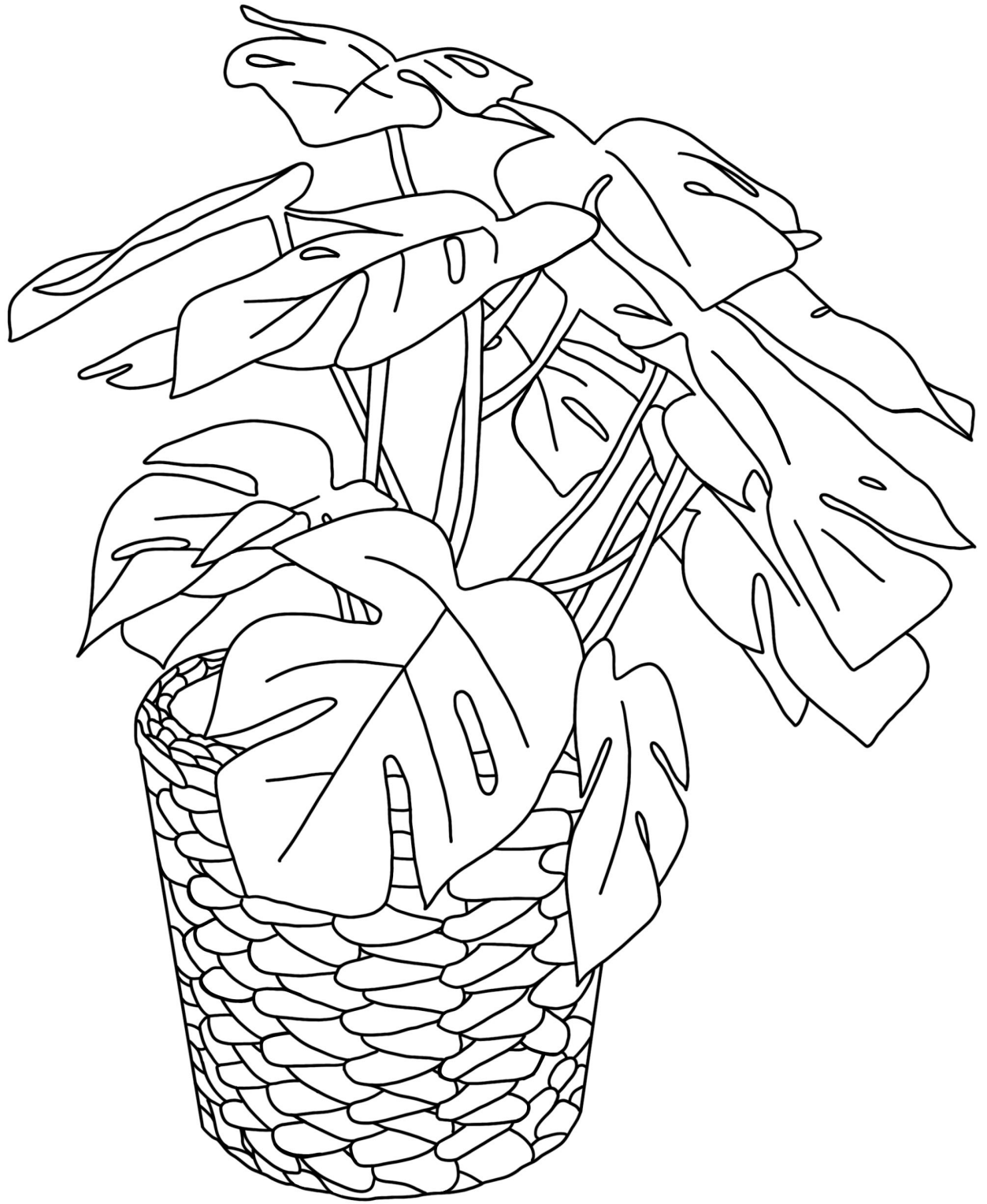


by aife walsh

A Little Bit of Positivity

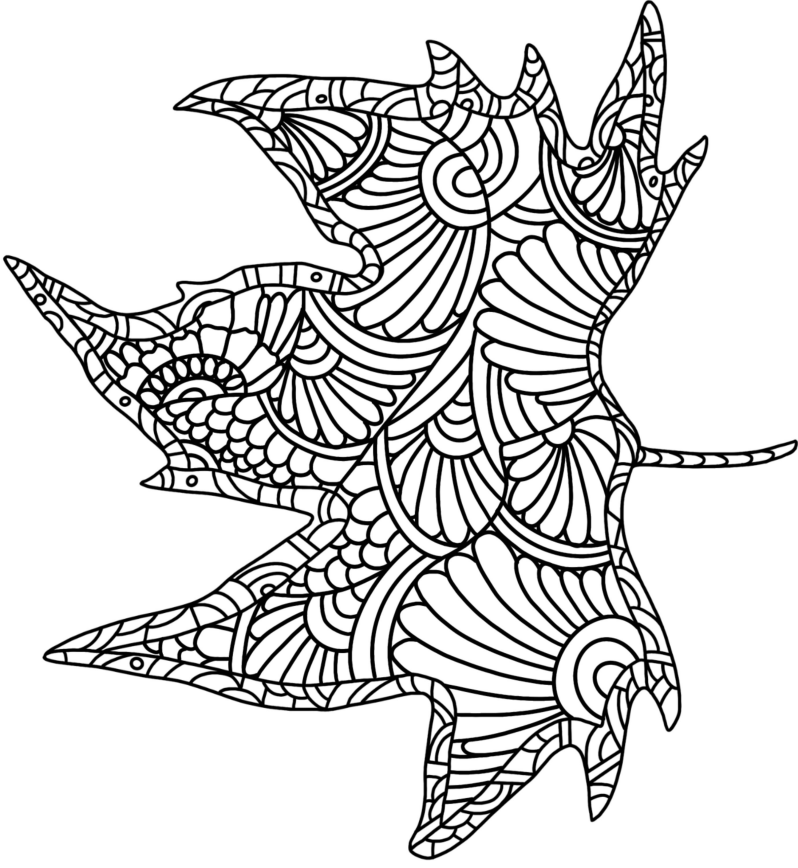
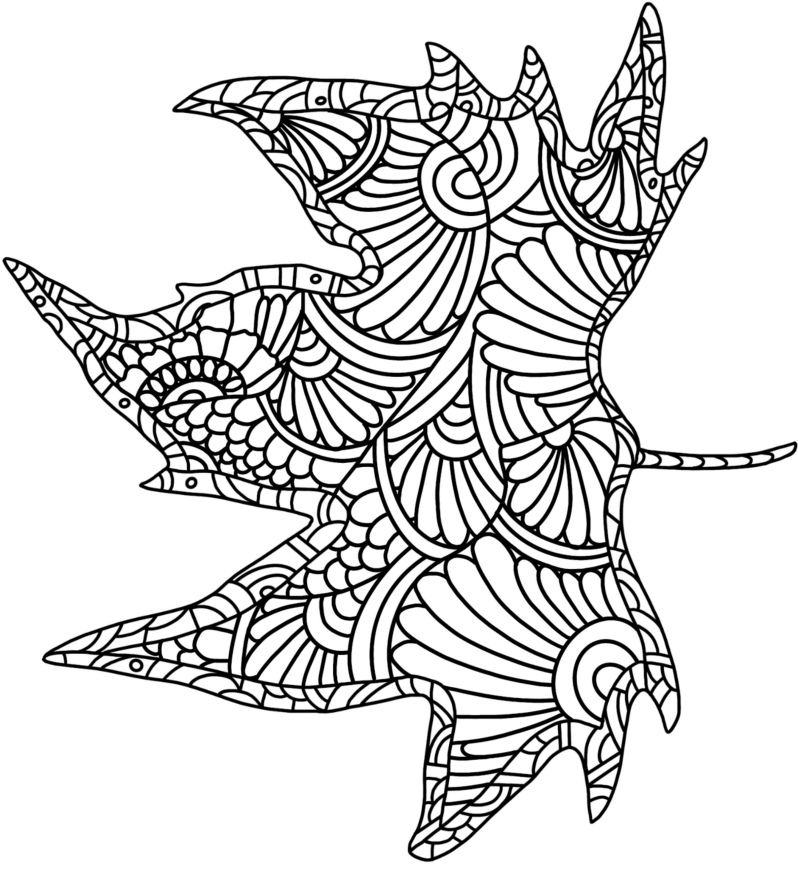
A mindfulness colouring book



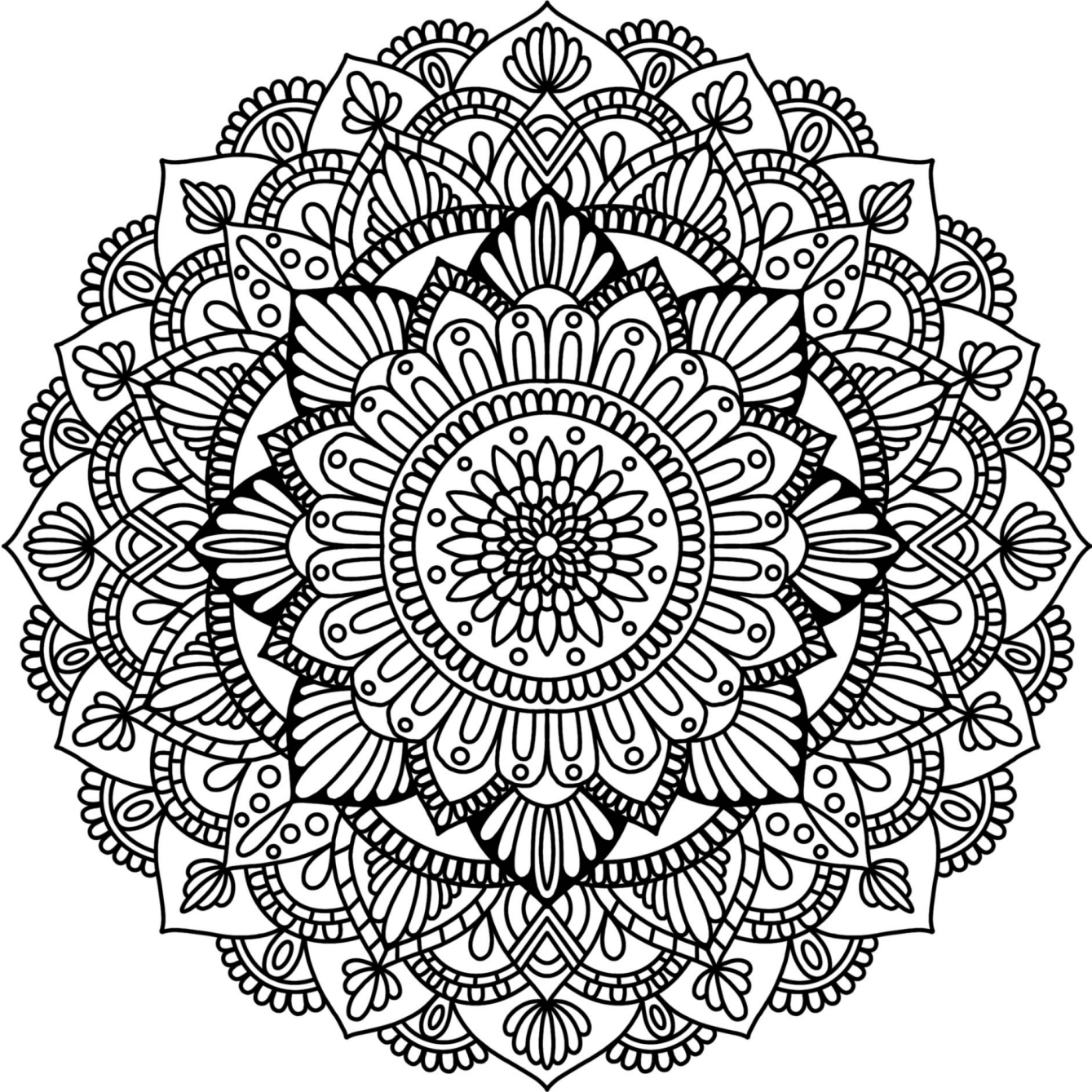


follow your dreams

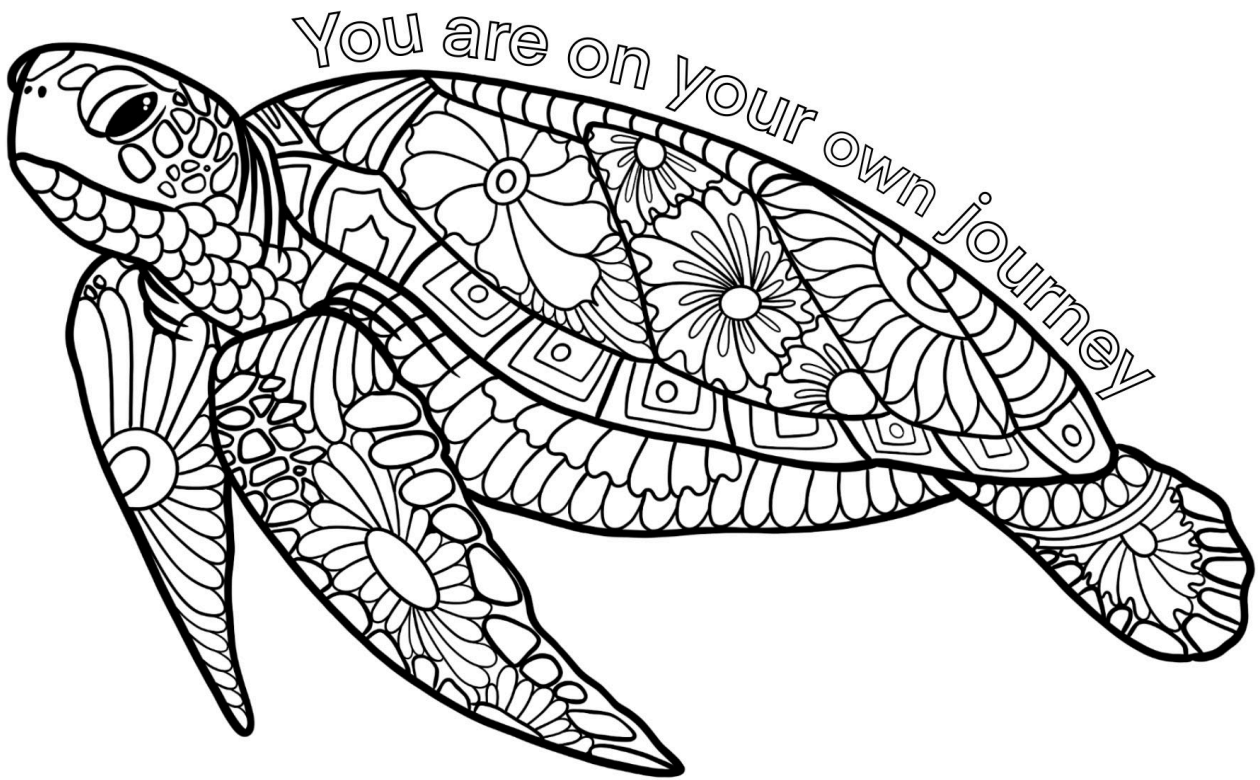


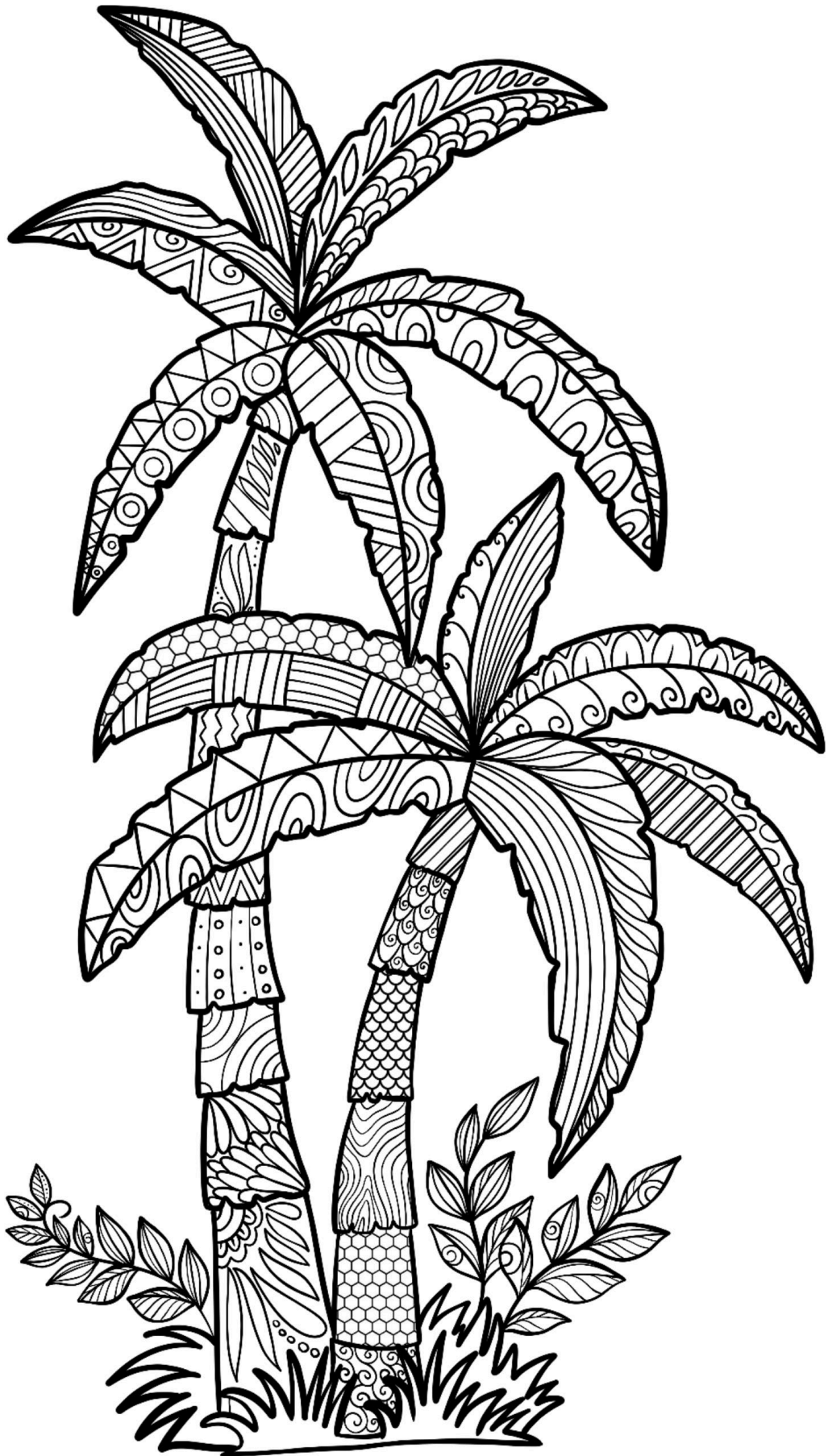


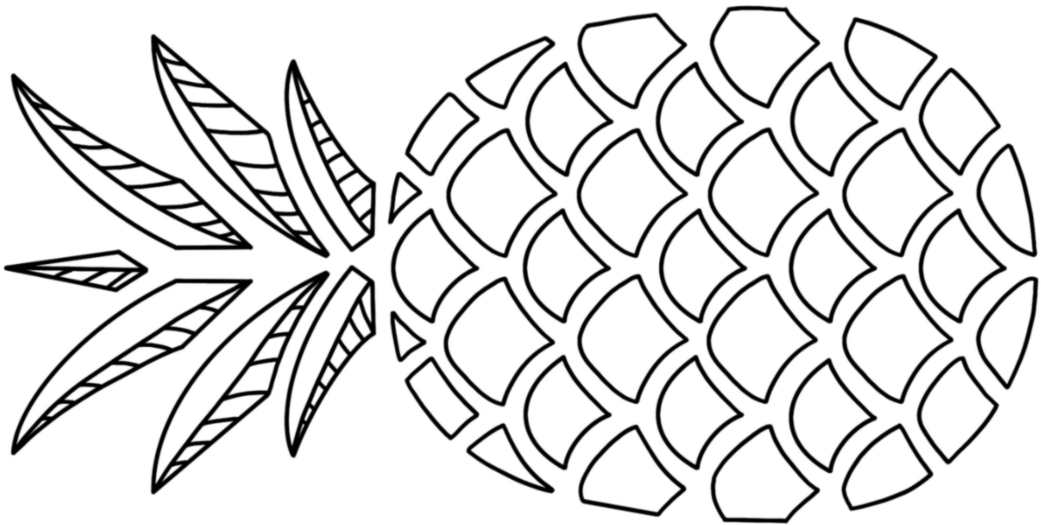
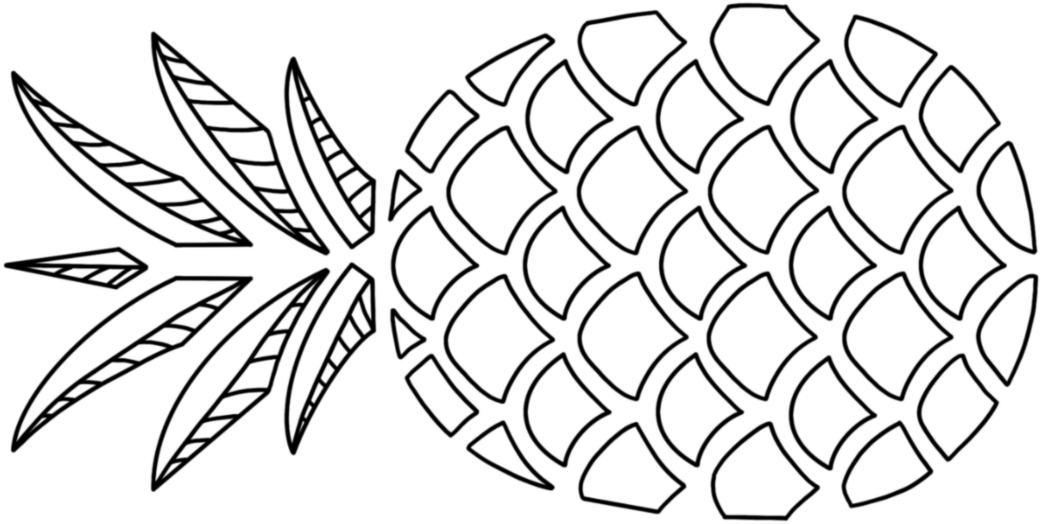
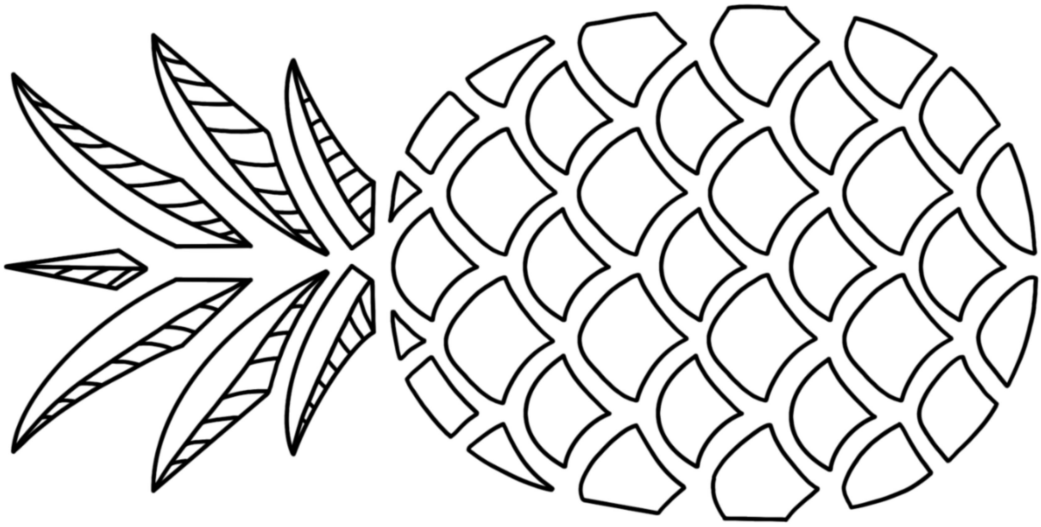
CHANGE CAN BE BEAUTIFUL

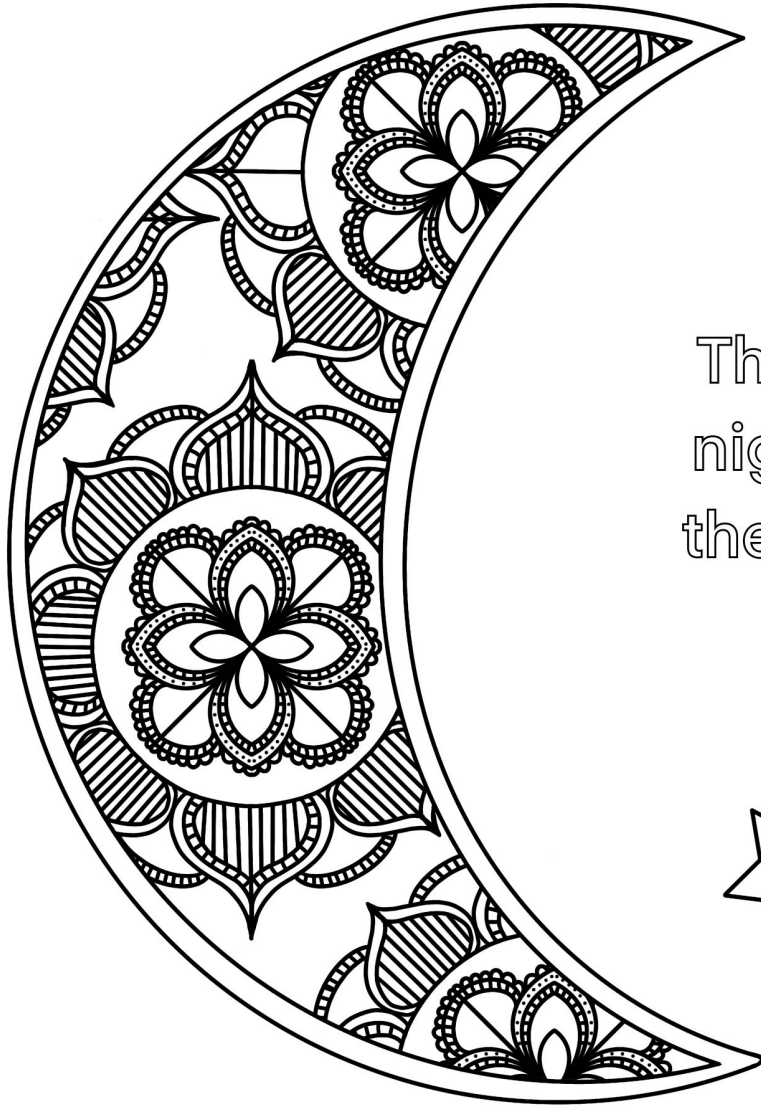




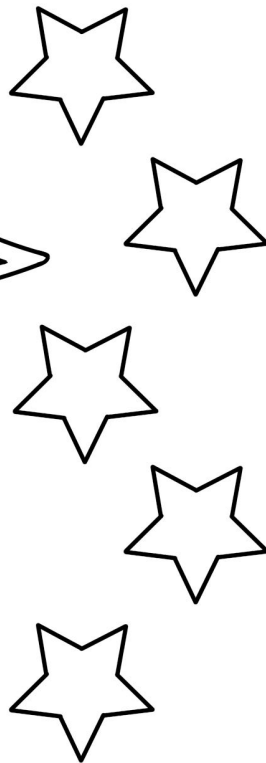






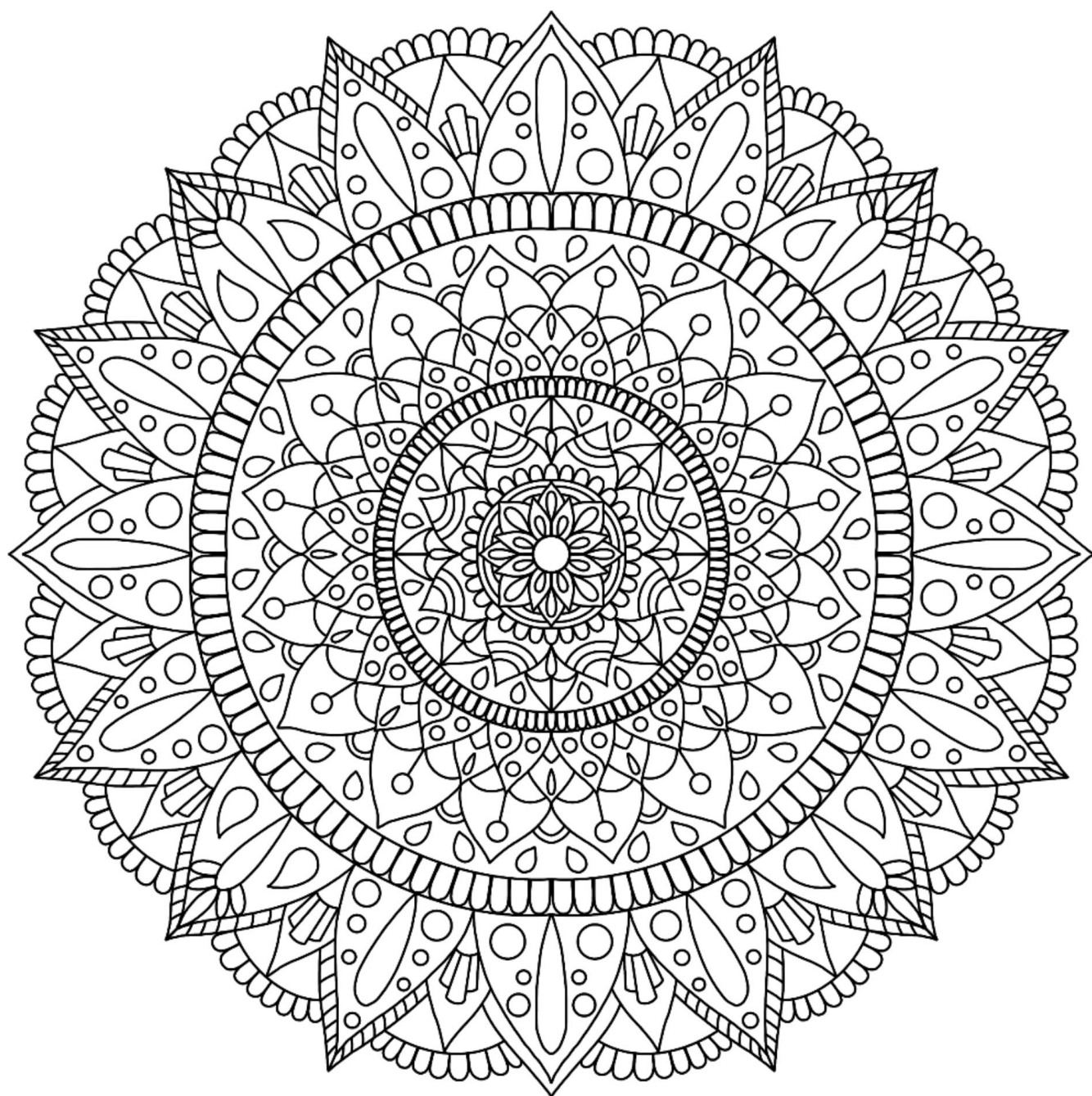


The darkest
nights show
the brightest
stars

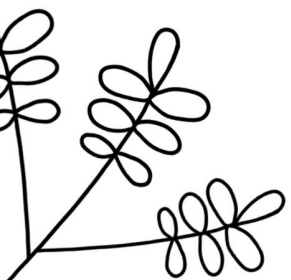
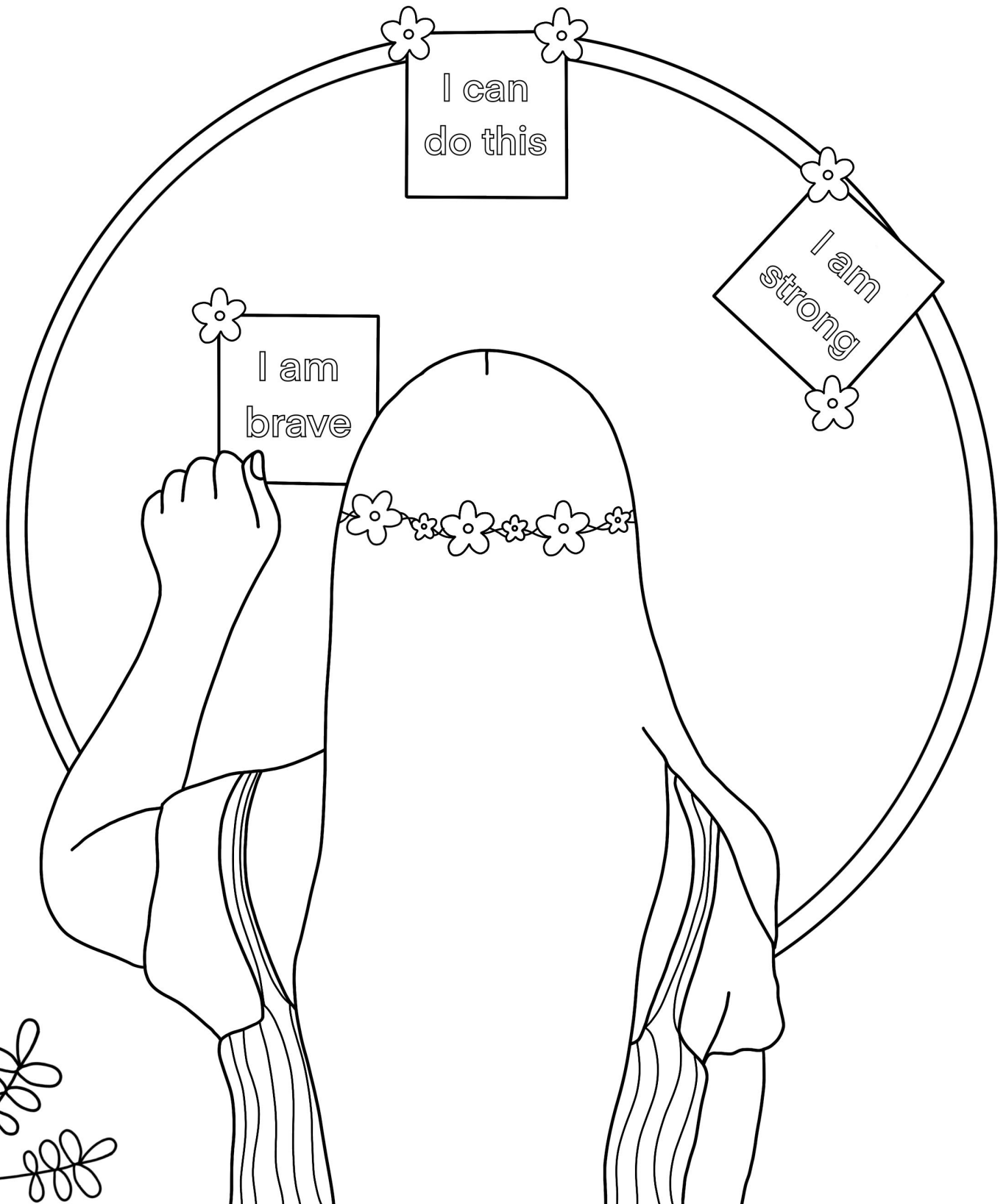
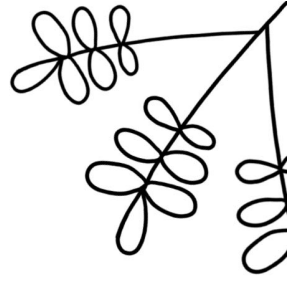




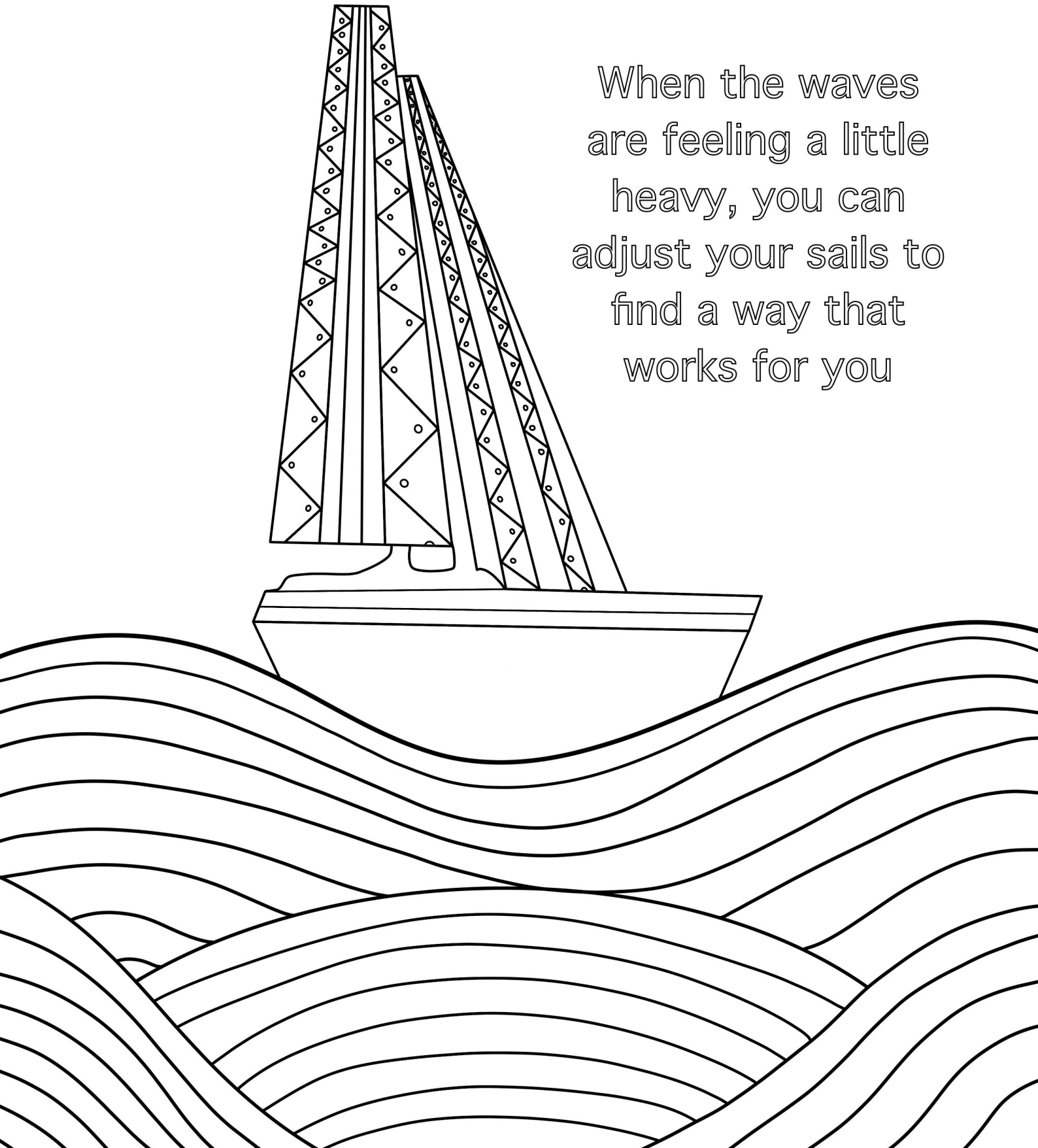
A little
bit of
positivitea

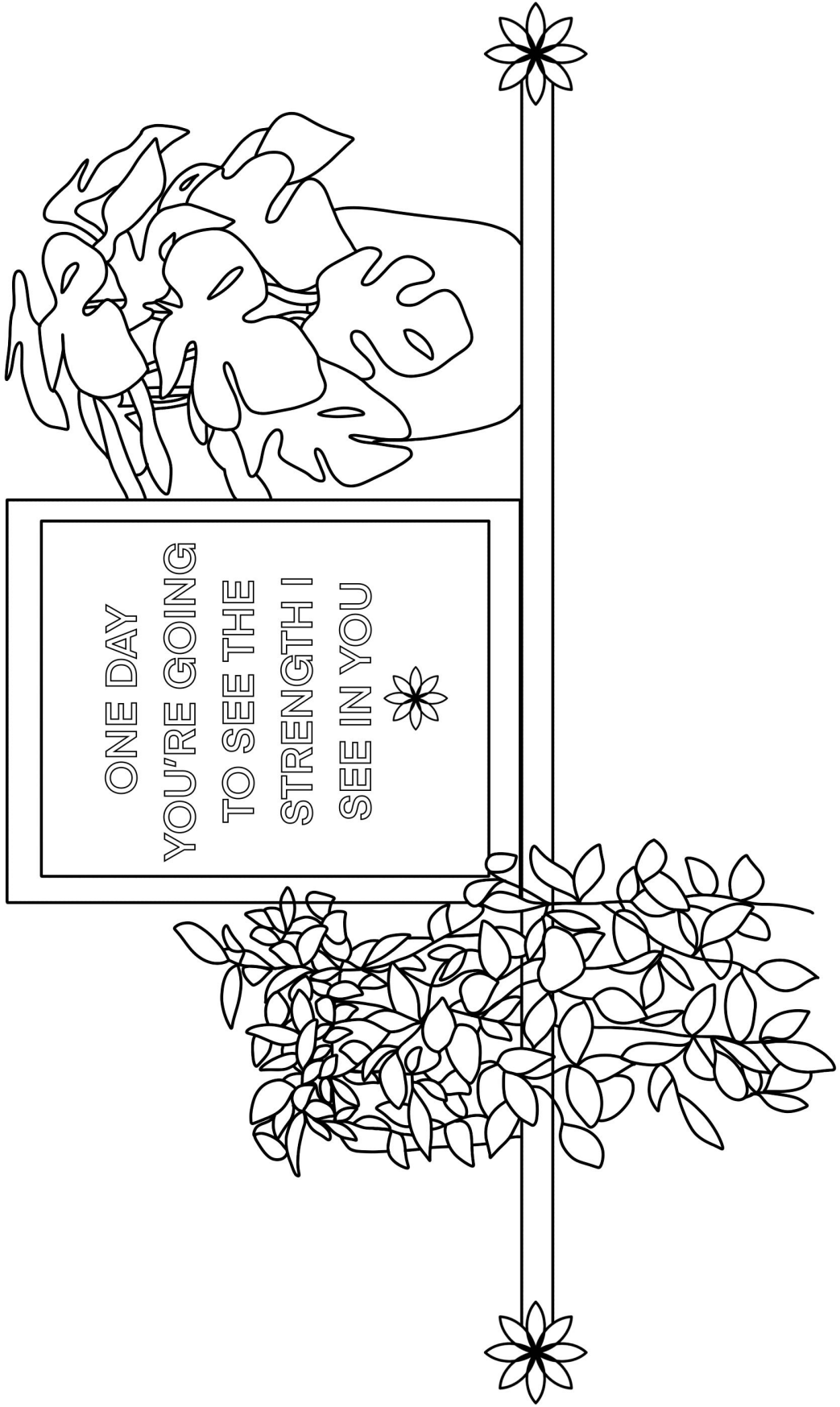


BELIEVE IN YOURSELF



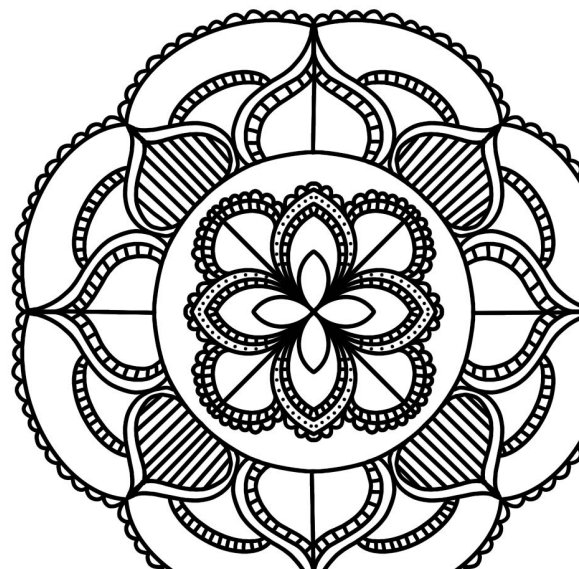
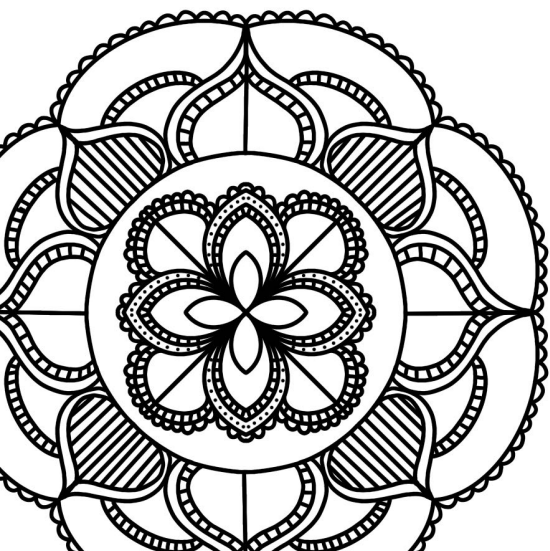
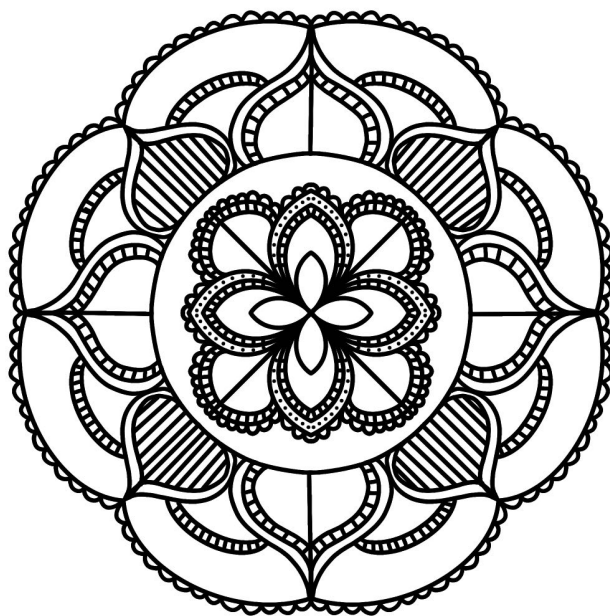
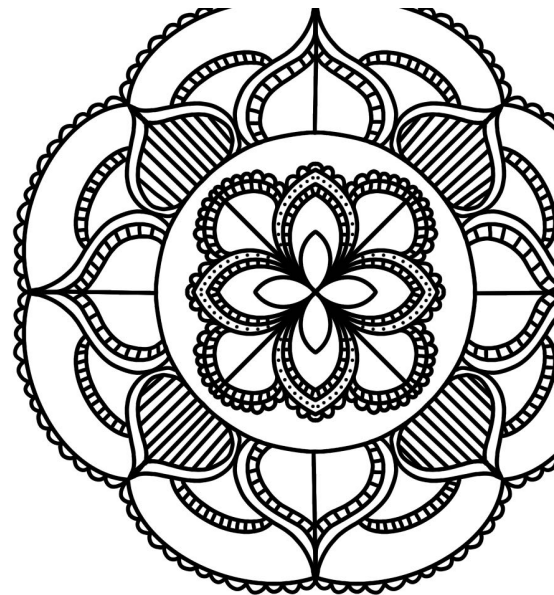
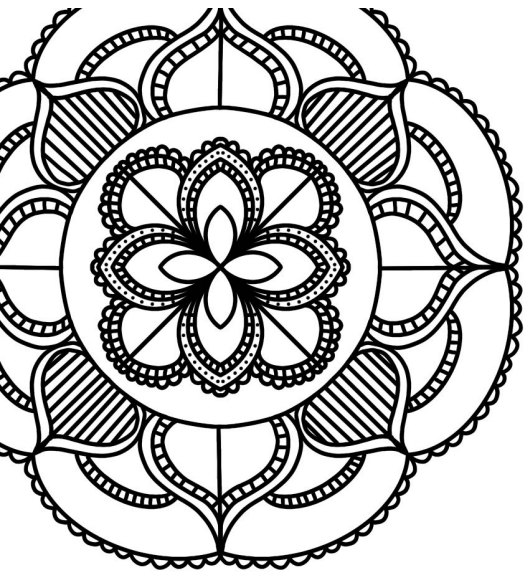
When the waves
are feeling a little
heavy, you can
adjust your sails to
find a way that
works for you





ONE DAY
YOU'RE GOING
TO SEE THE
STRENGTH I
SEE IN YOU





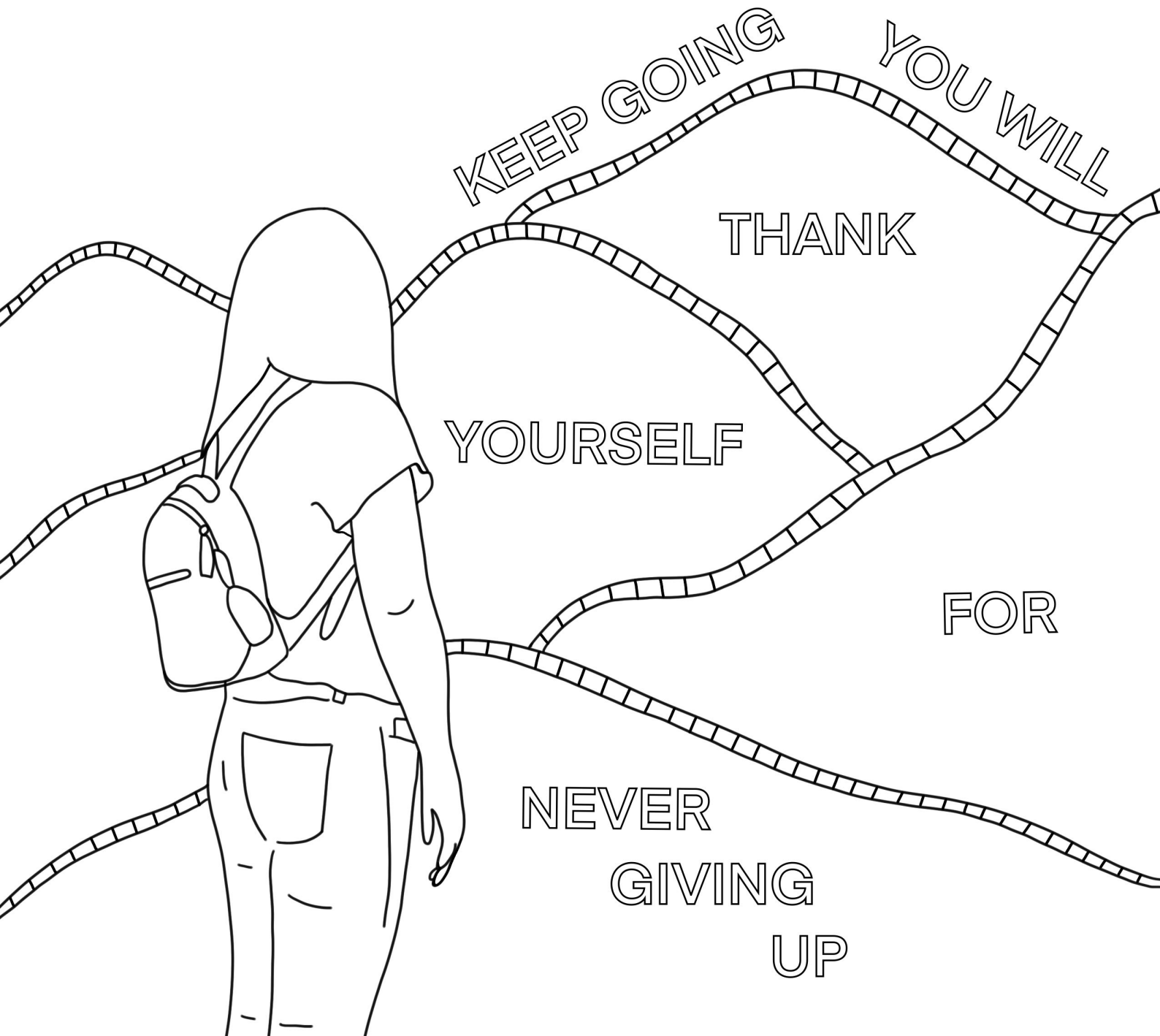
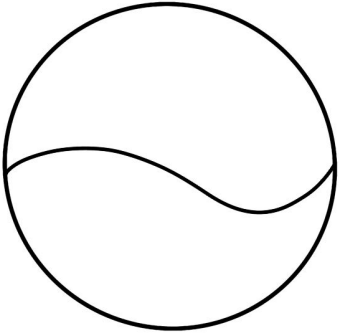
YOU

ARE

ENOUGH



YOU
HAVE
BEEN SO
BRAVE



KEEP GOING YOU WILL

THANK

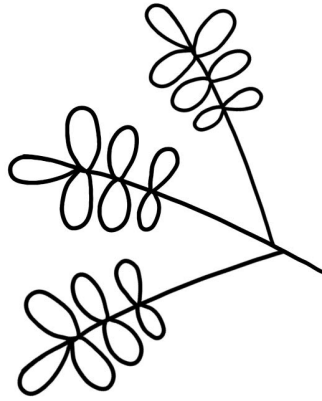
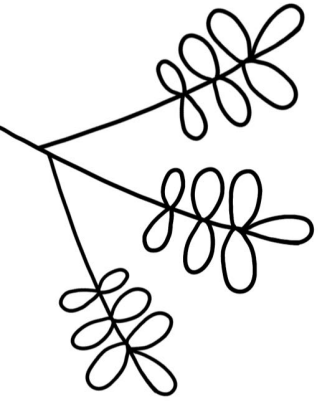
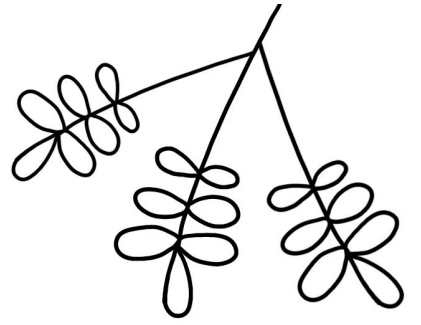
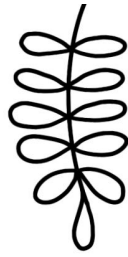
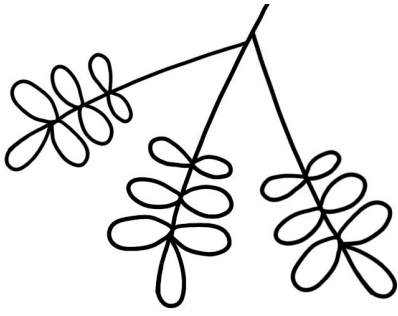
YOURSELF

FOR

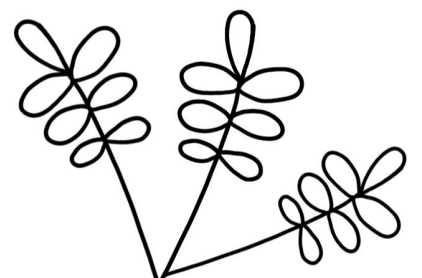
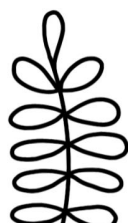
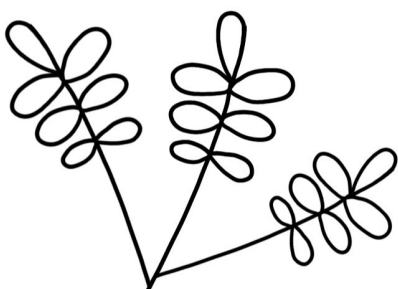
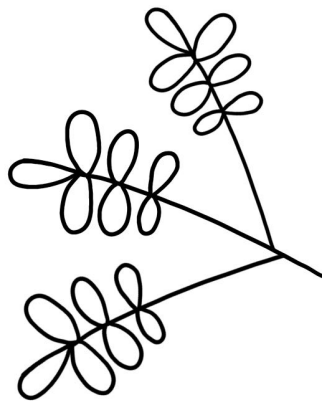
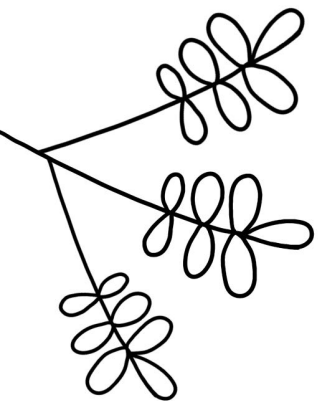
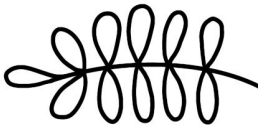
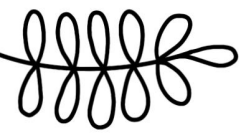
NEVER

GIVING

UP

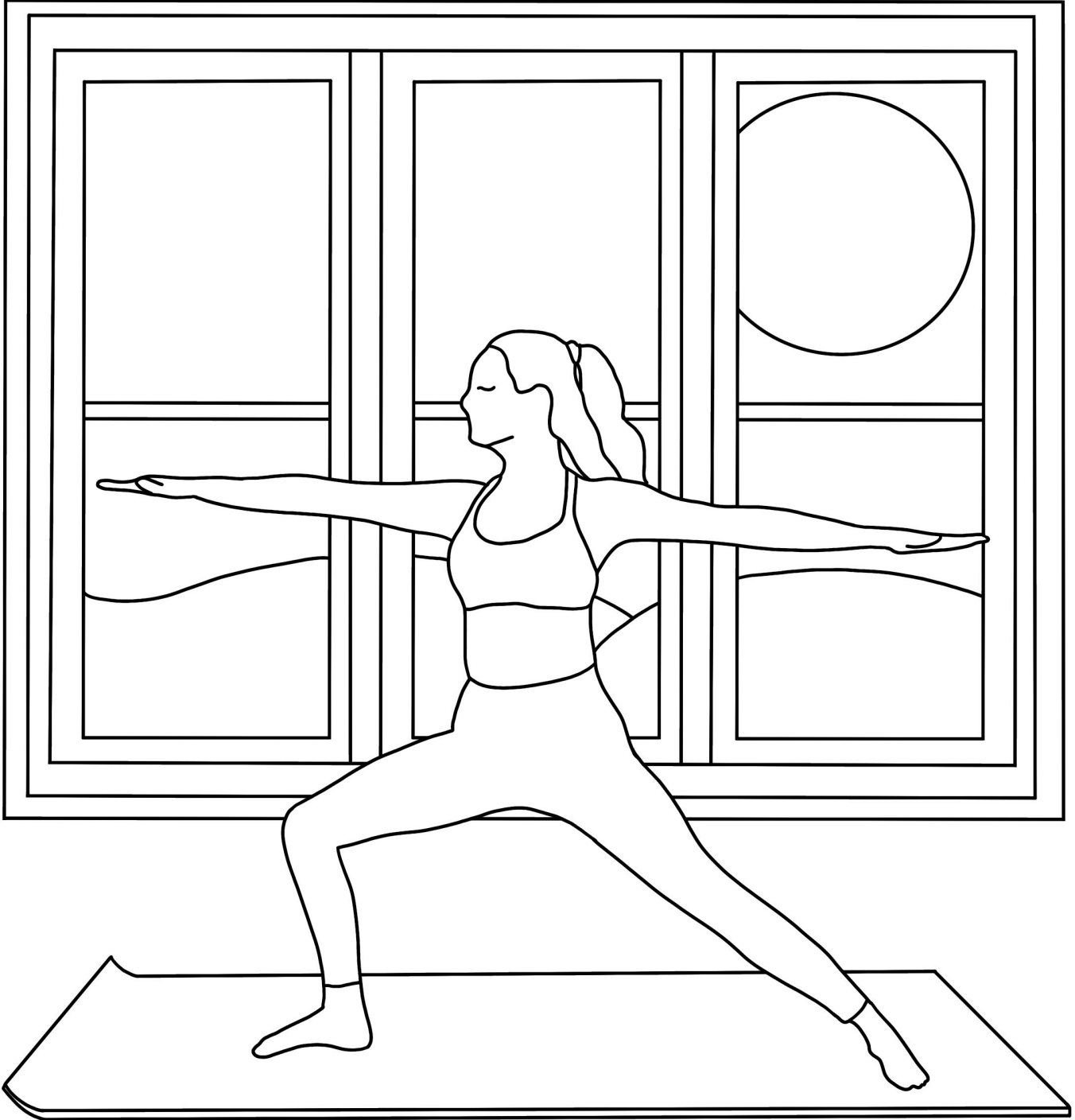


YOU ARE
DOING
SO WELL





ONE DAY
AT A TIME



ALWAYS PUT YOUR MENTAL HEALTH FIRST

Thank you for purchasing my colouring book and supporting my work, it really means so much to me. I hope this colouring book has helped you find a little strength.

Make sure to follow me on Instagram and tag me in your colouring pictures. I can't wait to see them!



@justalittlebitofpositivity



