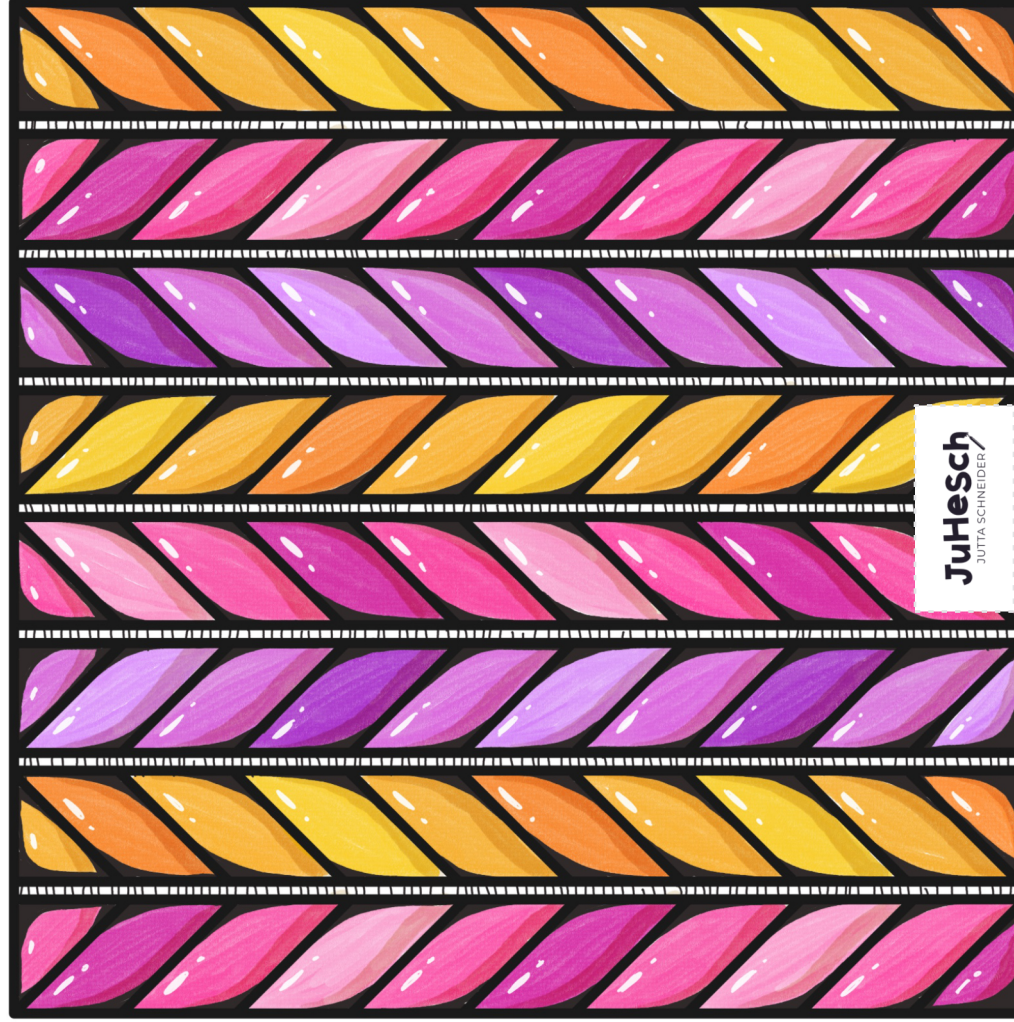


JUTTA SCHNEIDER

MINDFUL DRAWING DATE

COLORING BOOK

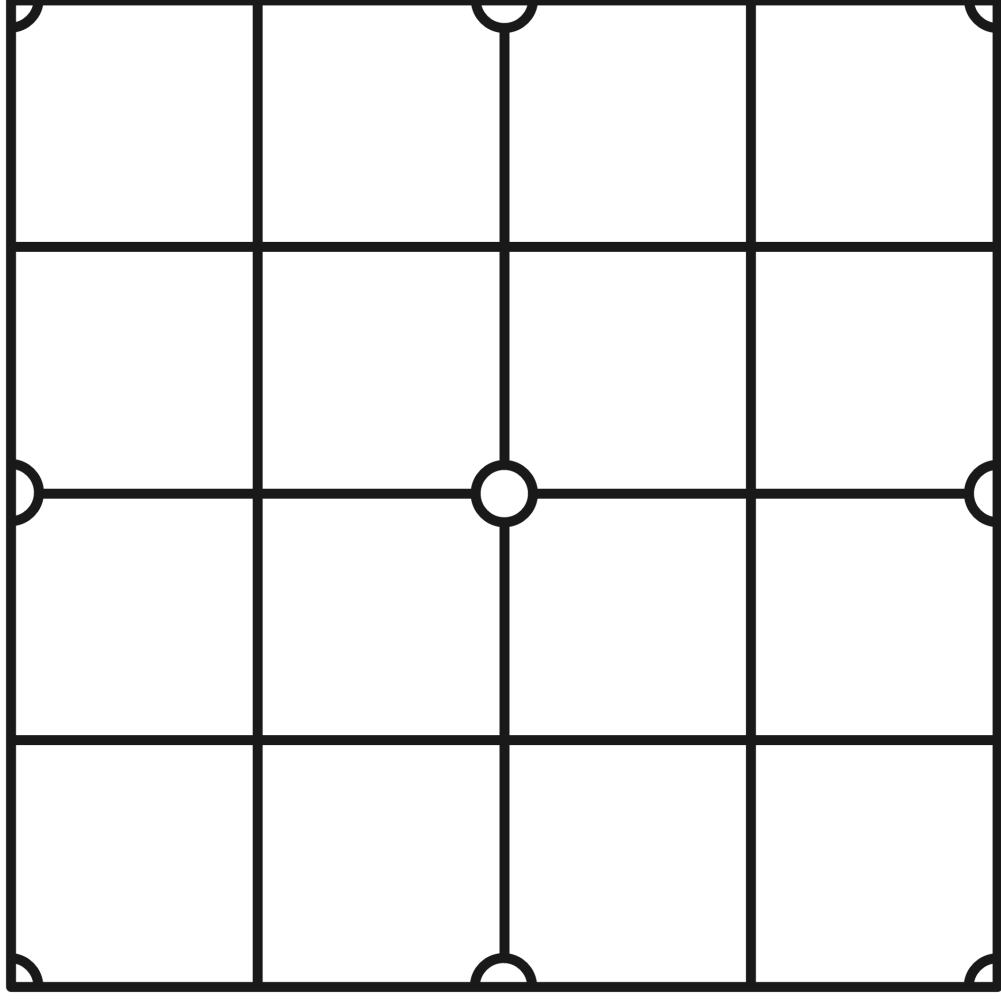


JuHesch
JUTTA SCHNEIDER

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FLOWERS IN A GRID

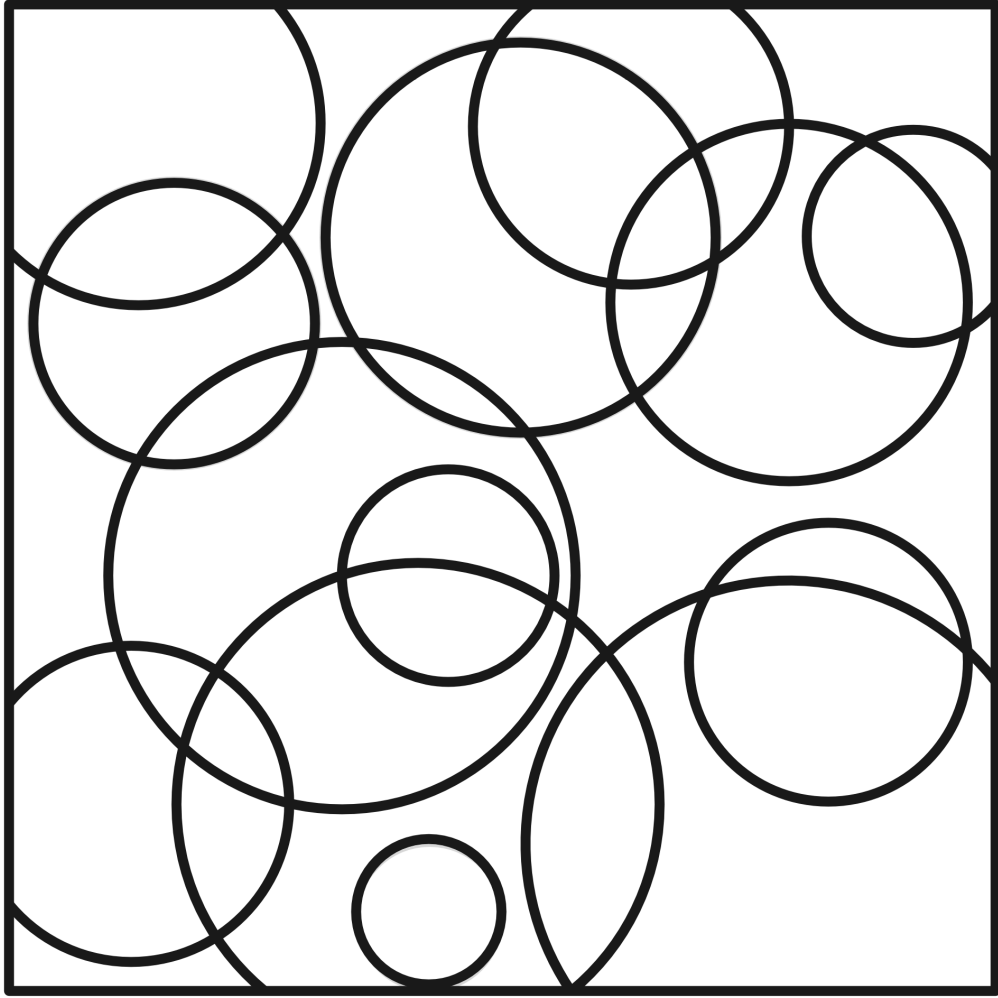
Today is a good day to start being kind to yourself!



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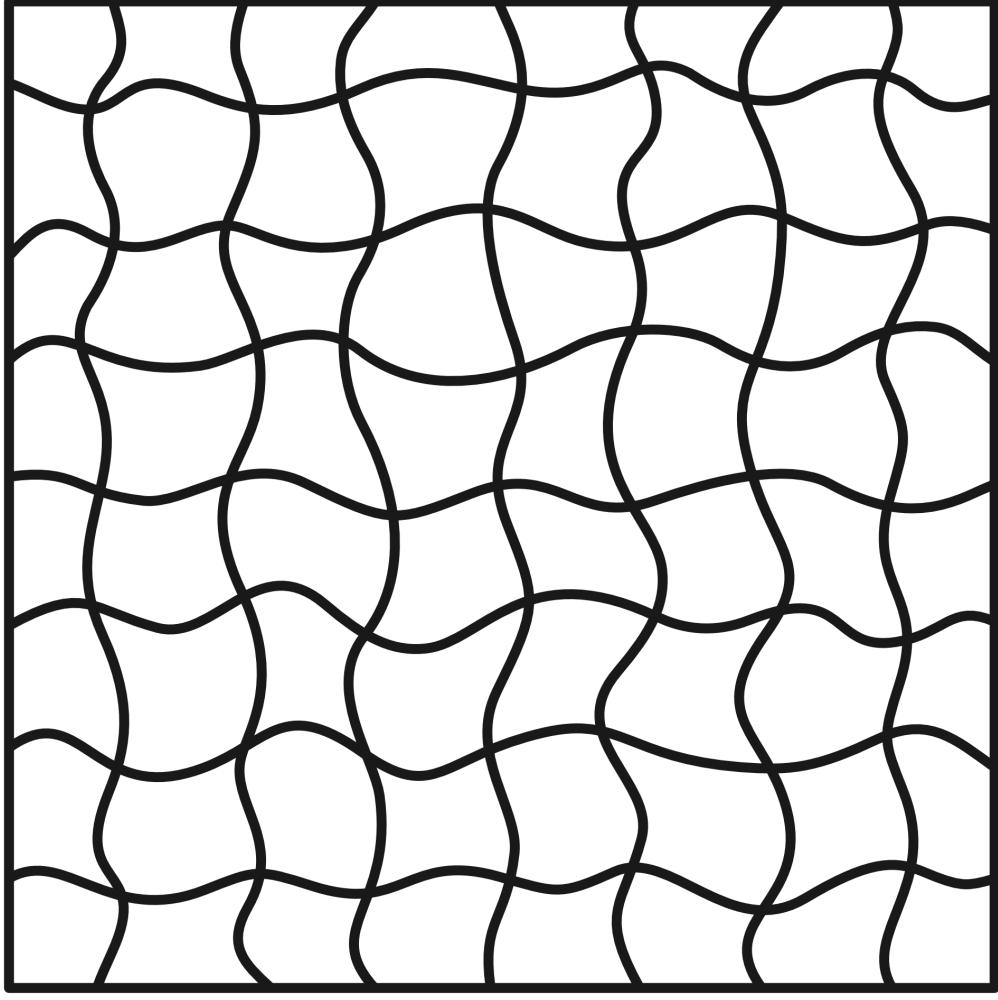
CIRCLES

What are three things you are grateful for right now?



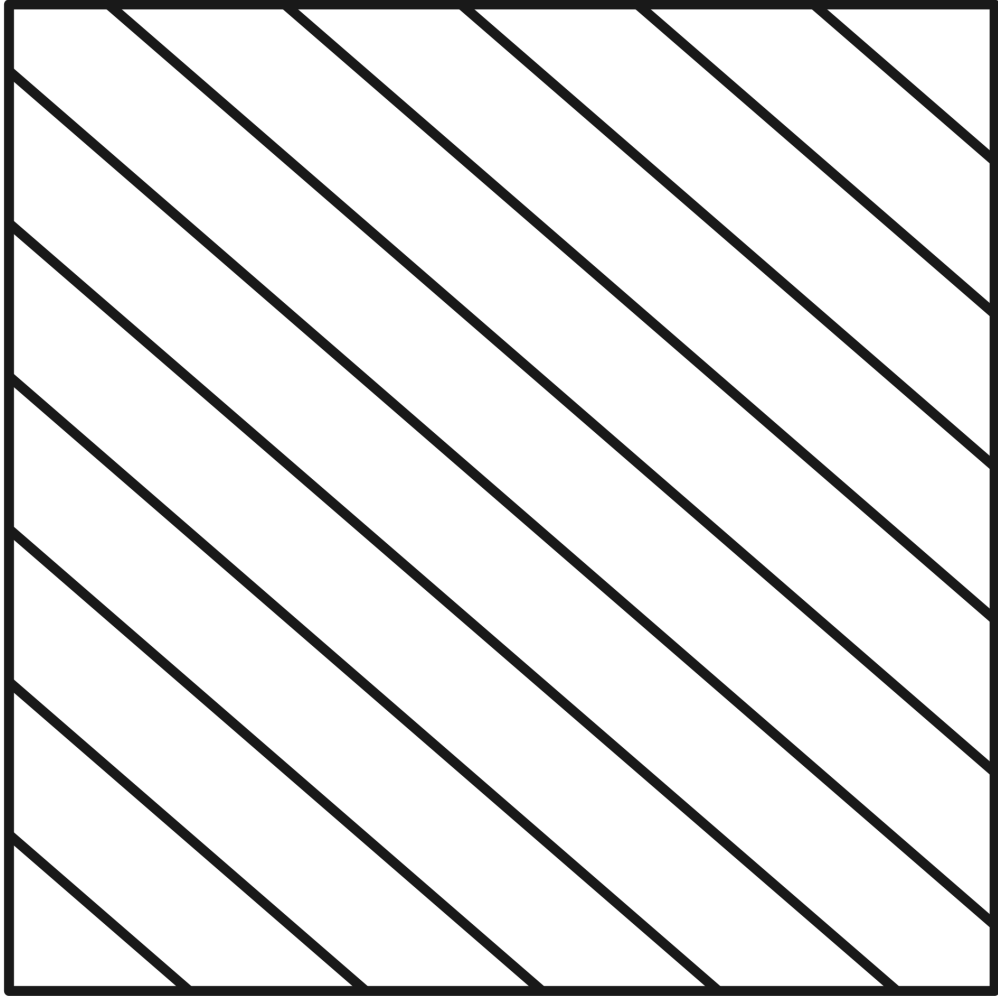
WAVY GRiD

Your thoughts are just background noise, not facts.



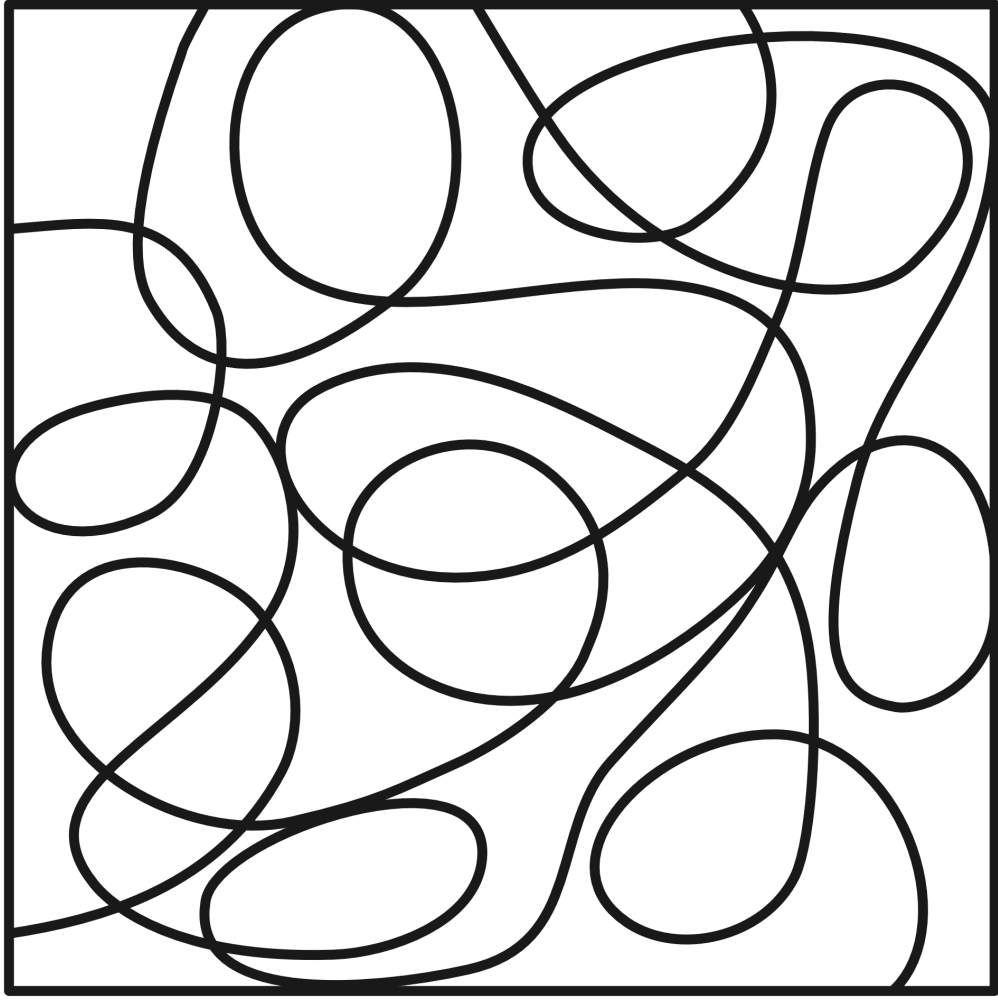
DIAGONAL LEAVES

Can you change it? Change it! Is it out of your control? Let it go.



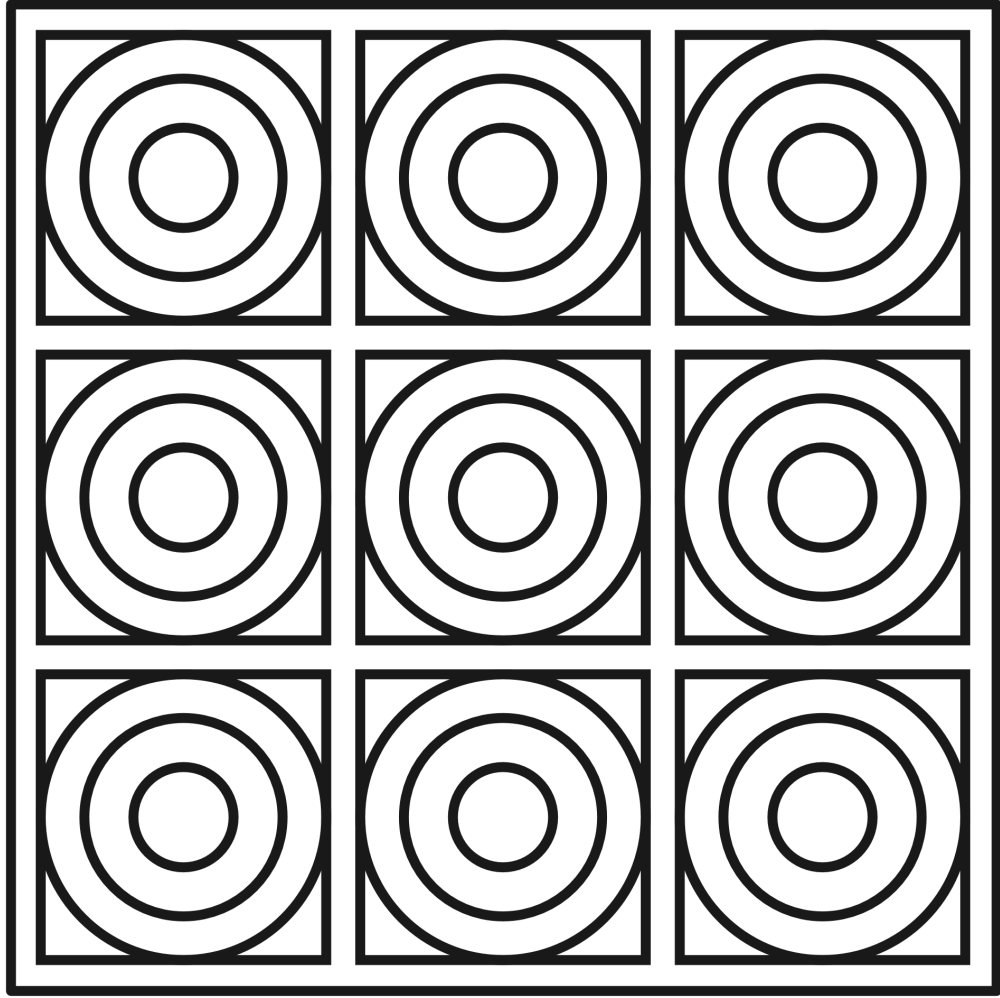
LOOPS

What makes you happy? Name three!



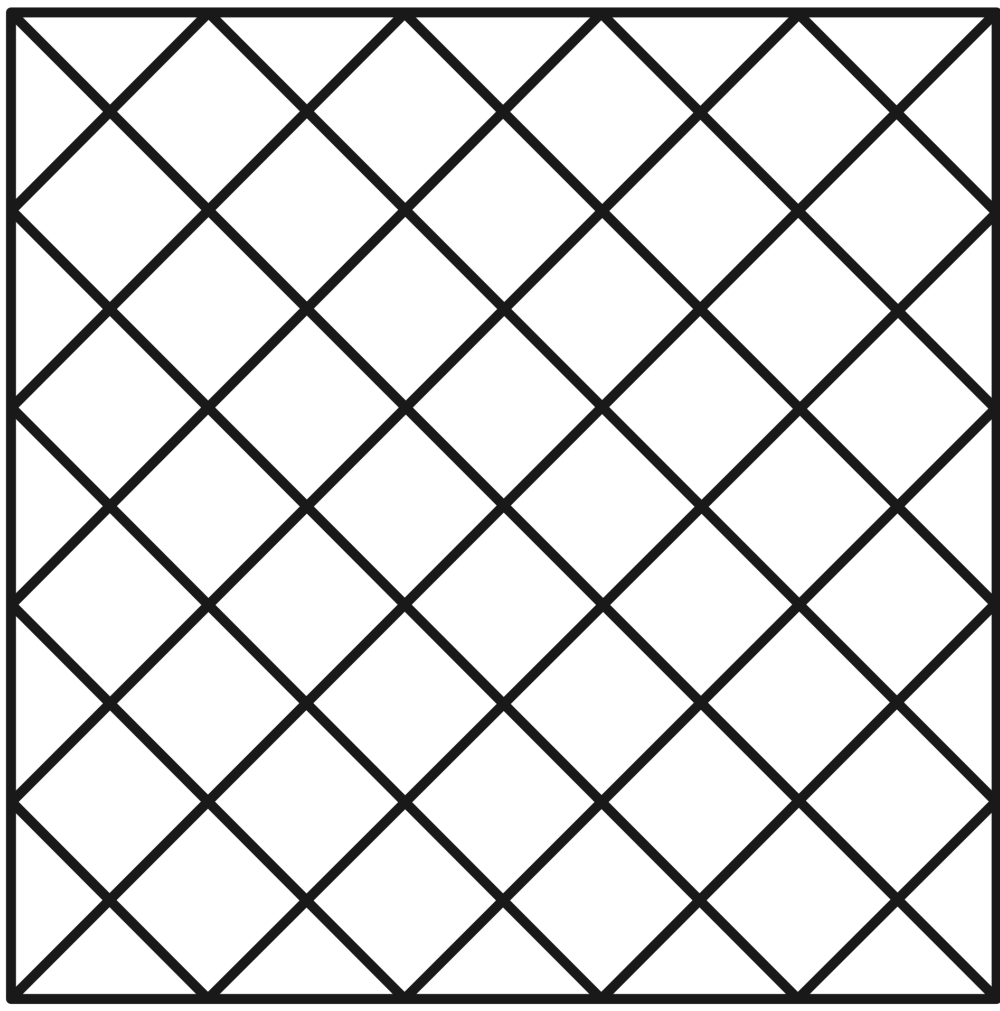
CIRCLES IN SQUARES

You are not your thoughts! Your thoughts are just
echos from your past.



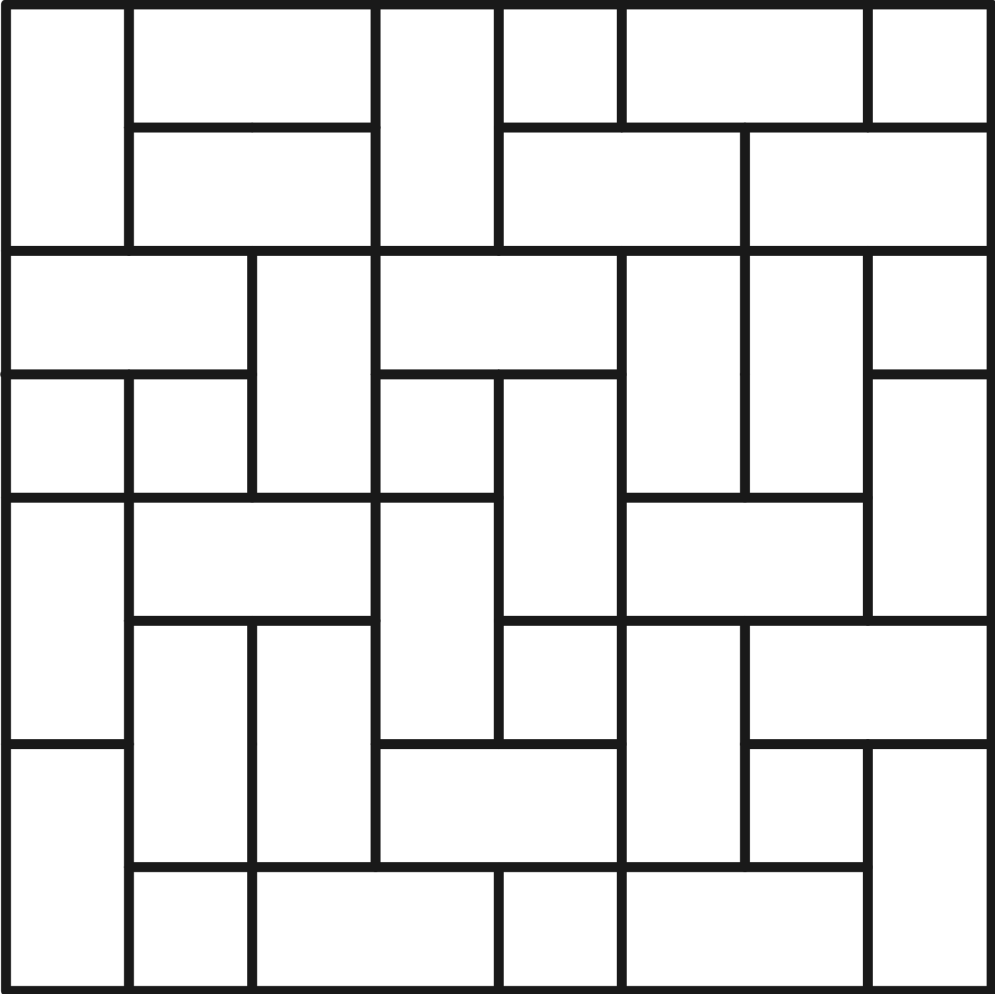
DIAGONAL GRID

You deserve to be happy!



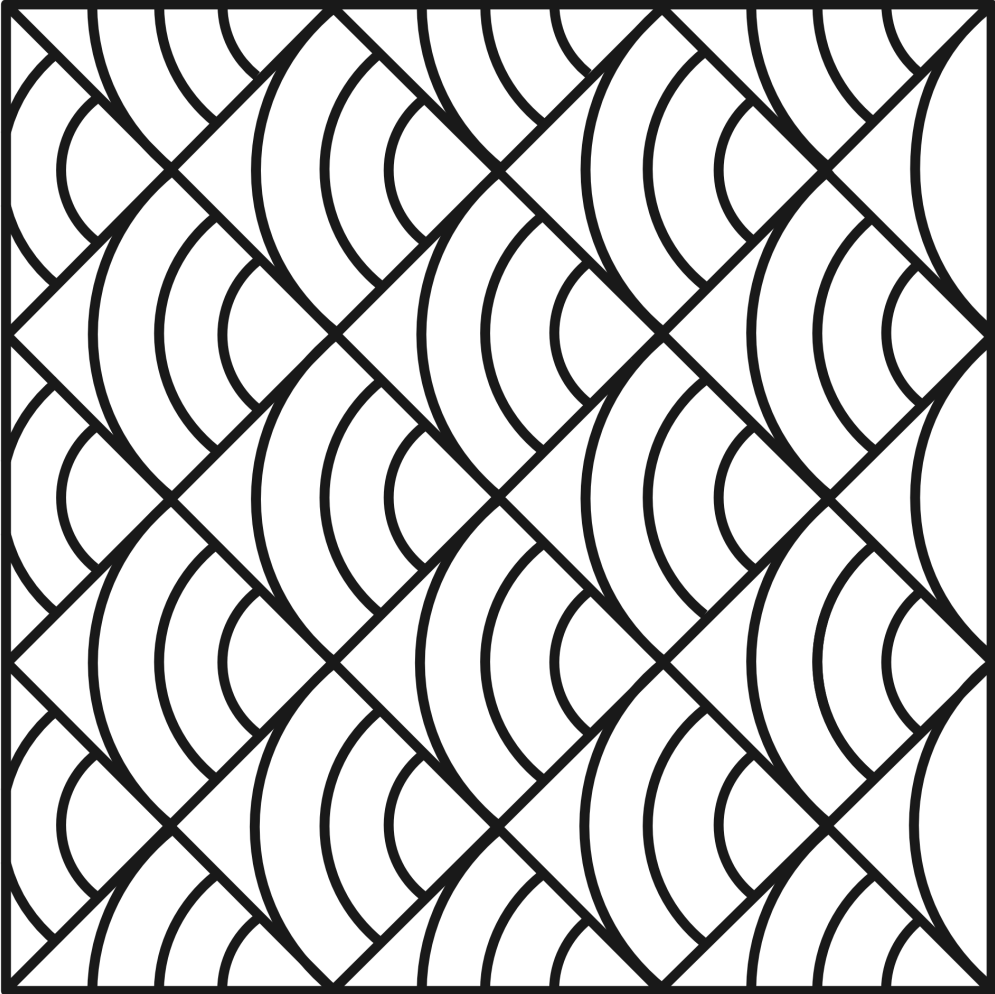
SQUARES & RECTANGLES

Think happy thoughts and you will feel happiness!



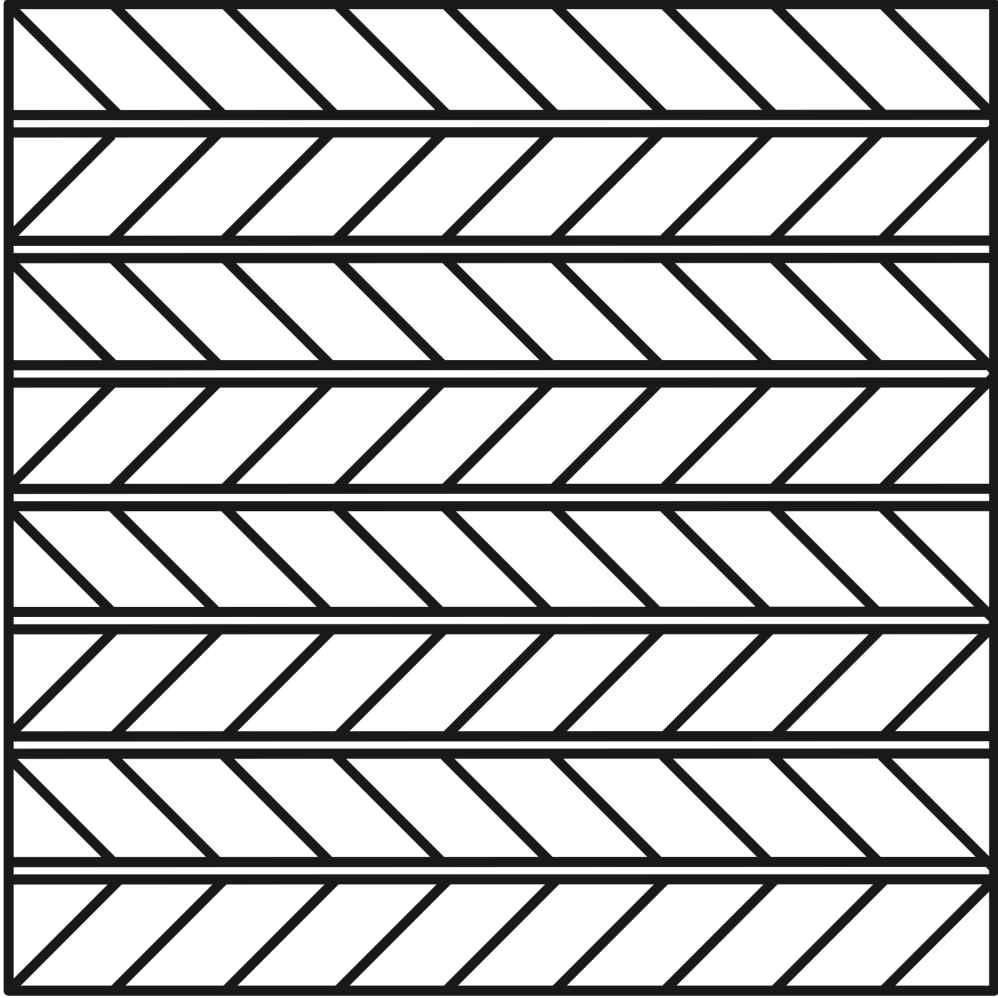
SEIGEIHA

You can shape your life with your thoughts.



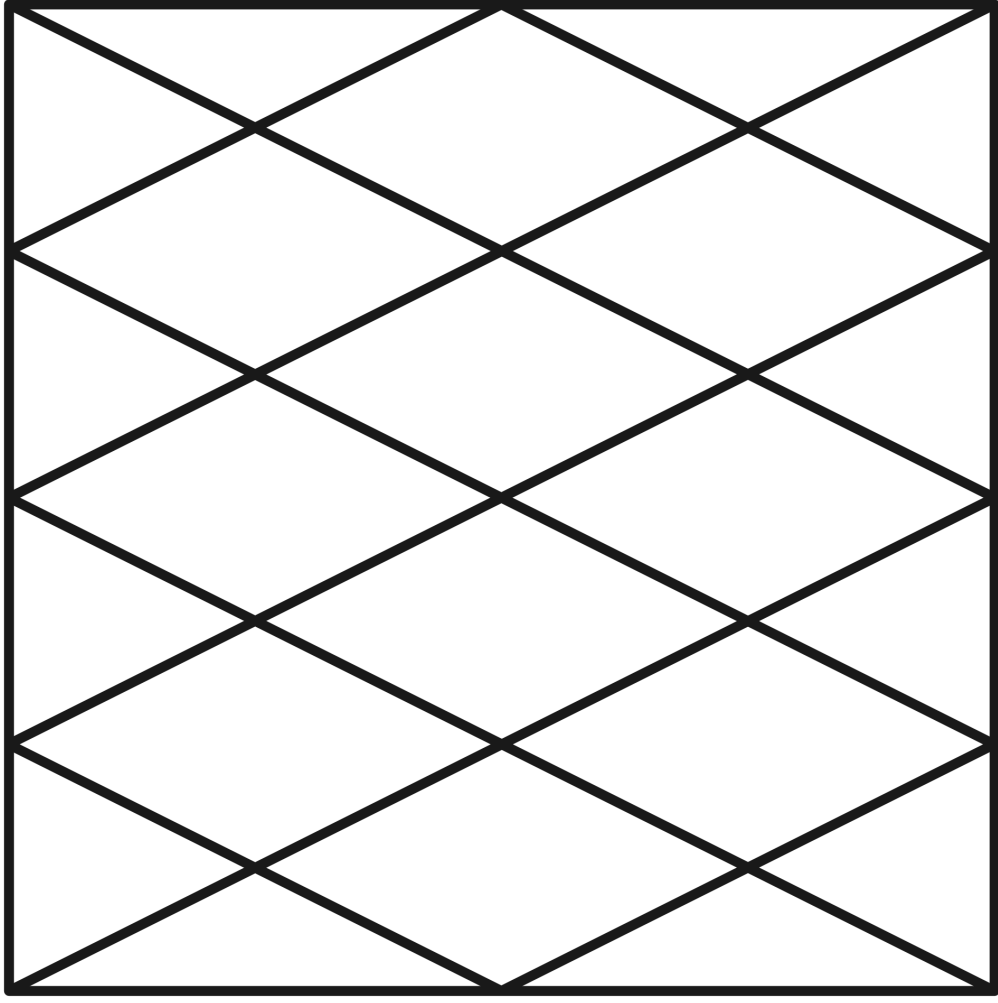
ZIG ZAG

What would you tell your best friend, when they feel bad? Be your best friend!



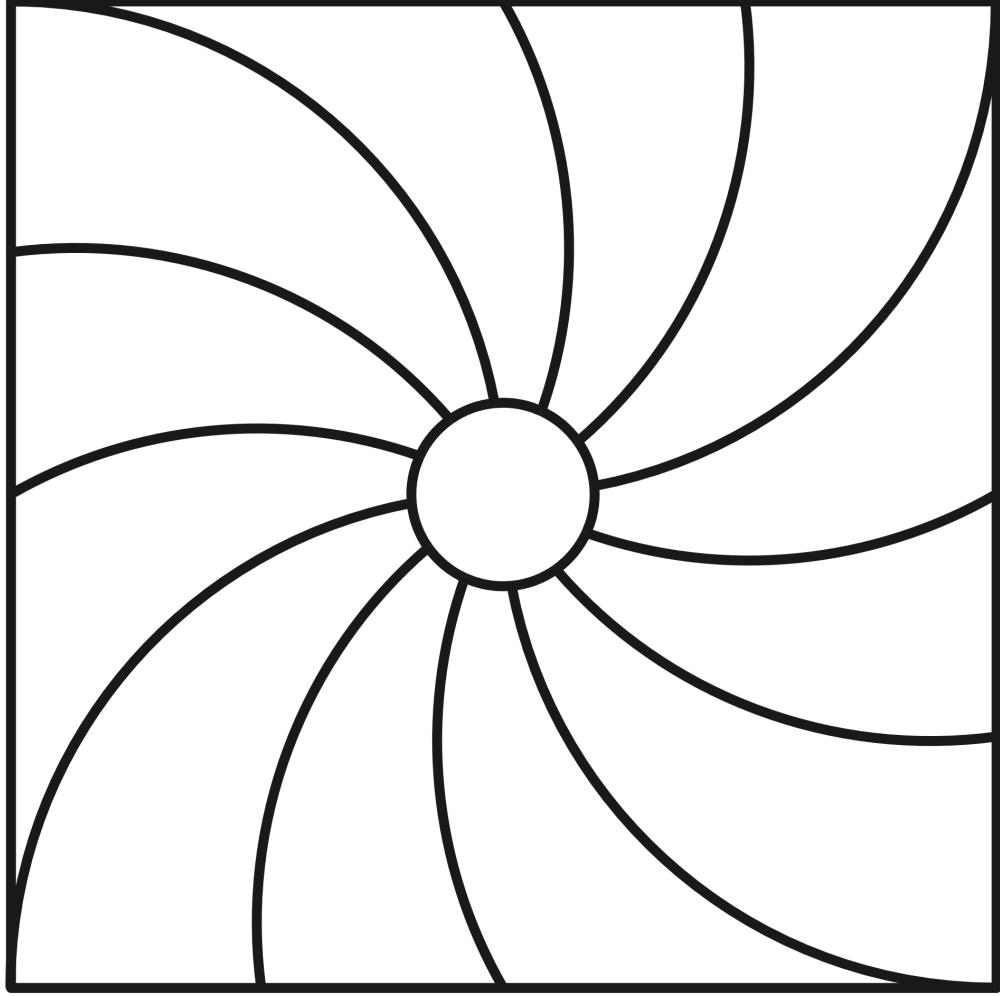
ACANTHUS LEAVES

Worrying won't change the situation – but it does drain your energy.



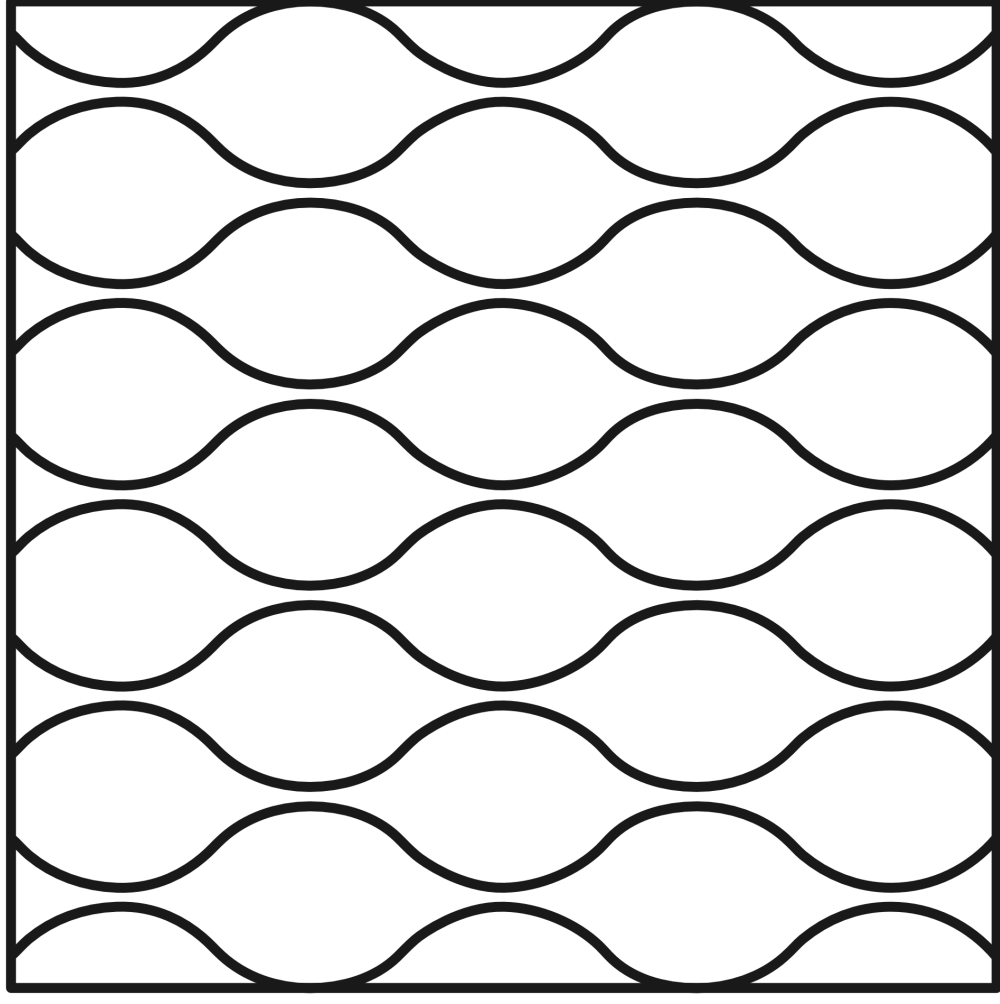
SWiRL

Being happy for someone else makes you happy, too.



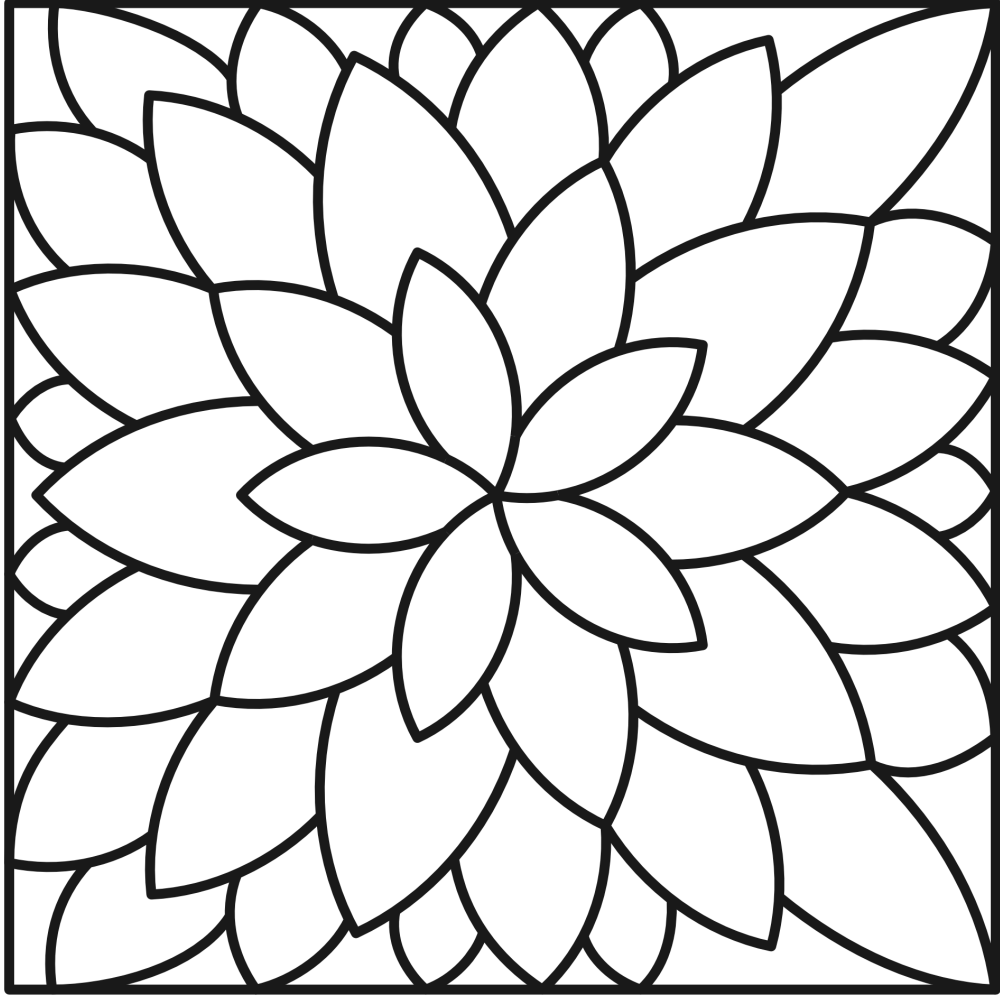
OVALS

Breathe in calm. Breathe out stress.



PEONIE

What made you smile today?



THANK YOU!