

Coloring Book for Relaxation

MINDFUL MOMENTS
JUST FOR YOU

7 Cozy Pages

to Reduce Stress Fast

7 PAGES TOTAL:

-  3 Flower Designs
-  2 Cozy Scenes
-  2 Micro Cozy Scenes



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MINDFUL TIME
Take a break and
recharge



PERFECT FOR YOU
Or as a thoughtful
gift

♥ Your ♥ COLORING Ritual

♥ A FEW MINUTES FOR YOU, EVERY DAY. ♥

Make coloring a calming part of your day. Follow this simple ritual to relax, recharge, and enjoy every moment.



1



SET THE MOOD ♥

Create a cozy atmosphere. Light a candle, play soft music, and take a few deep breaths.

2



CHOOSE YOUR TOOLS ♥

Grab your favorite coloring tools and pick the colors that make you feel happy.

3



FOCUS & ENJOY ♥

Let go of worries and bring your page to life. There's no rush—just enjoy the process.

4



TAKE A BREAK ♥

Step back, stretch, and appreciate your progress. You're doing something wonderful for you!

5



REPEAT OFTEN ♥

Make this ritual part of your everyday self-care. You deserve it!



This time is for you. ♥

Be kind to yourself and enjoy the little moments.



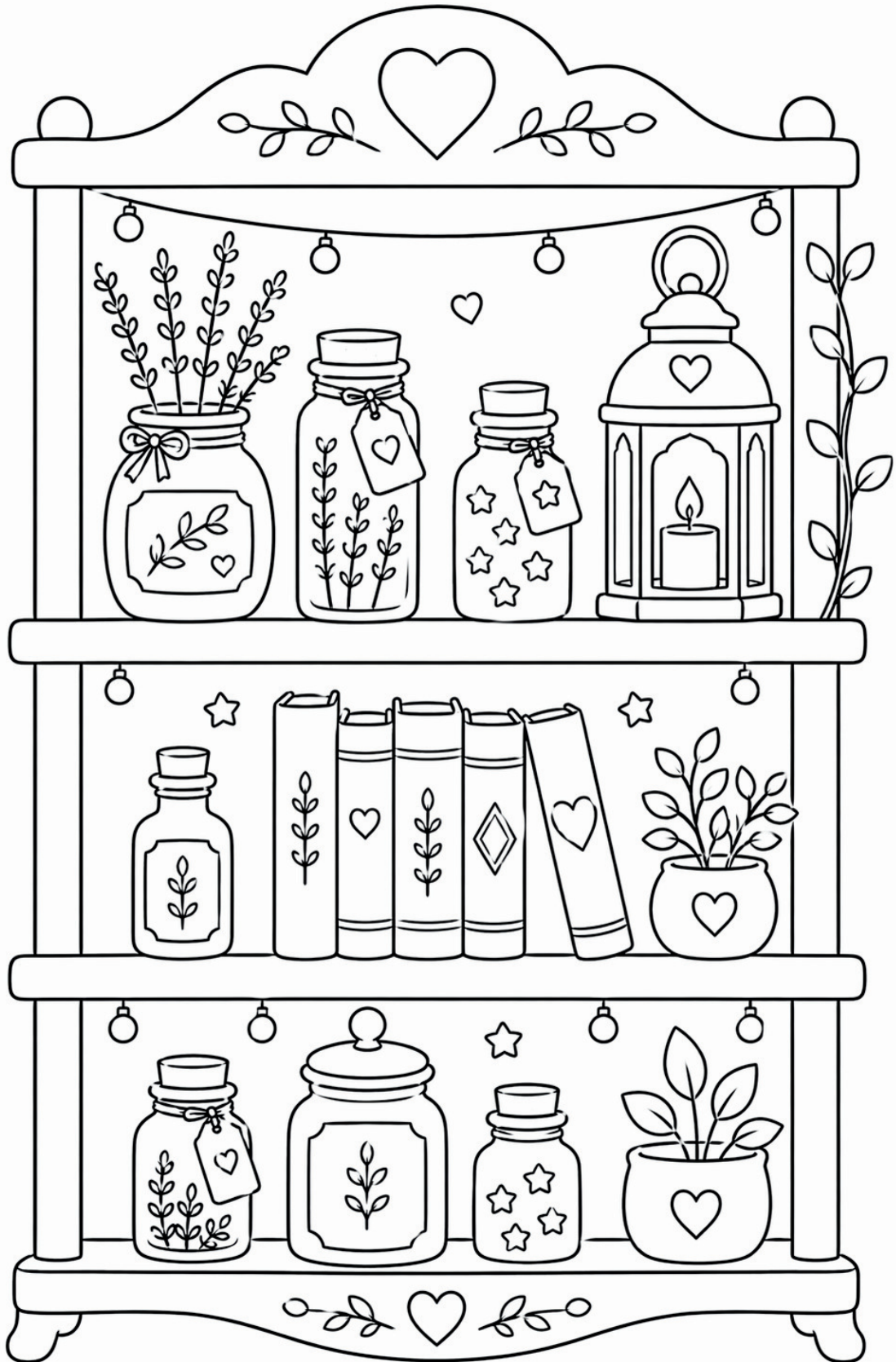


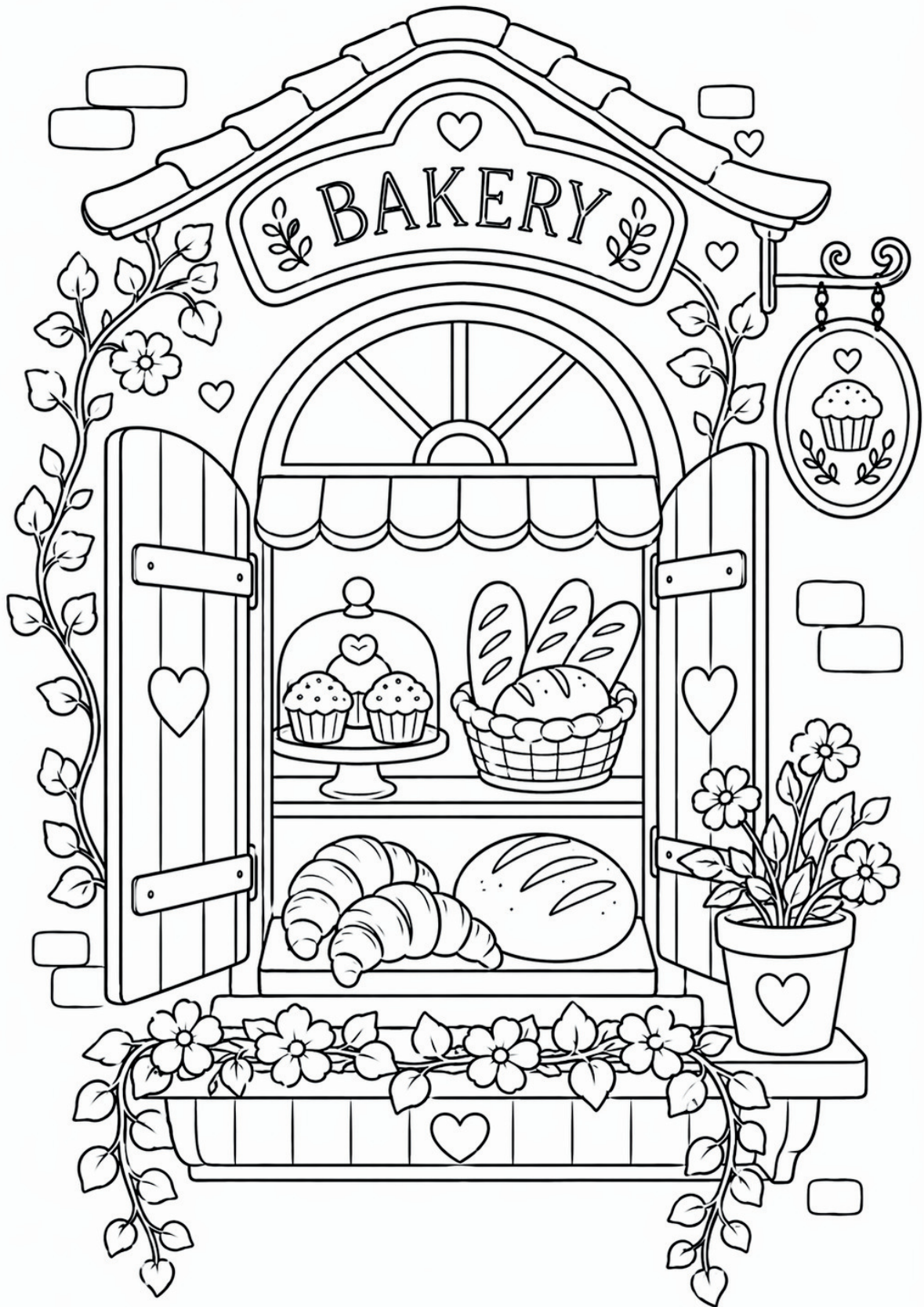














Reflection Page



♡ A moment for you, to breathe, let go, and grow. ♡


◇ How do I feel today? ♡




What good things happened? ◇

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____

What did I learn about myself today? ◇



What do I want to let go of? ♡



What makes me happy? ♡




What do I want to achieve? ◇



Message to my future self: ♡









Thank you for downloading!



We hope these cozy pages bring you
relaxation, joy and little moments of calm.



Be kind to your mind.
You deserve this time for you.

