



HOPEFUL INC

MENTAL



HEALTH

● **MATTERS** ●

COLORING BOOK

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**I have
confidence
in my
abilities
&
skills**




I
accept
myself

unconditionally



**I let go of
my anger
so I can
see clearly**



*I offer a
heart-felt
apology to
those affected
by my anger*



i love and
approve of
MYSELF



I am the
ARCHITECT
of my life
&
I DESIGN
its structure




i focus on
breathing
to ground
myself



I always
do my best
because
it helps me
GROW



i am
BOLD
&
courageous



i focus on
breathing
to ground
myself