



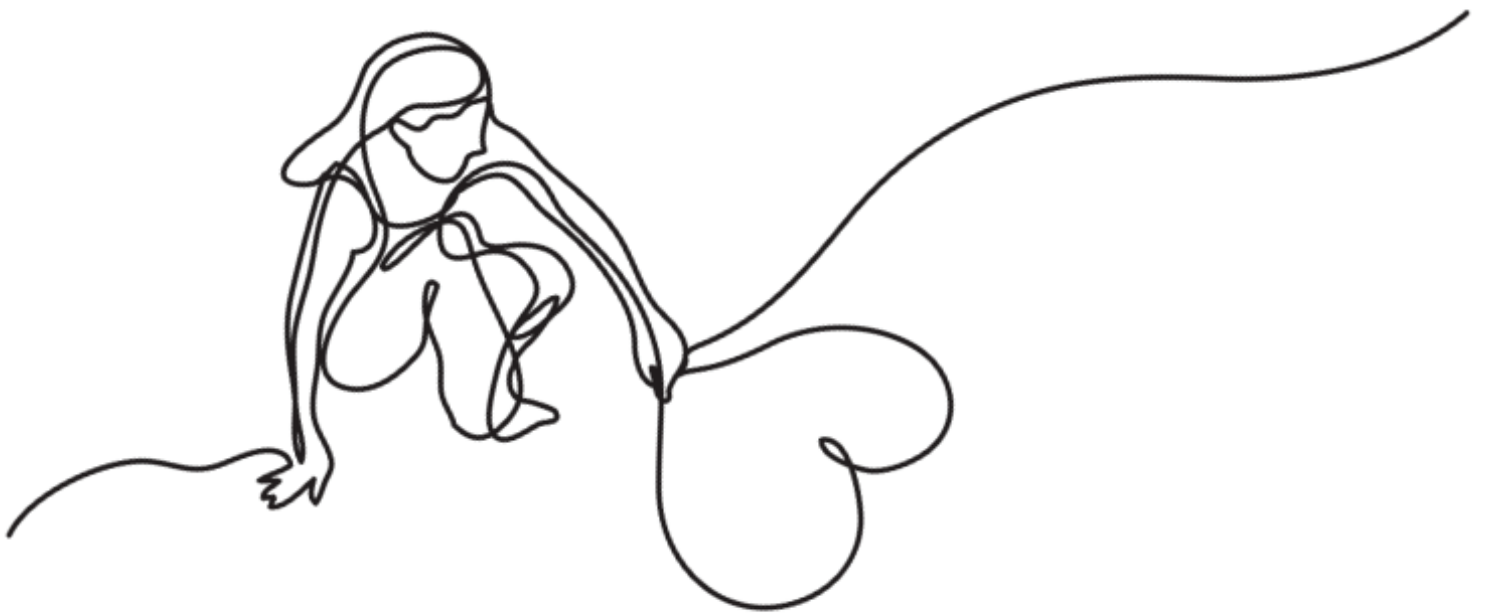
I am Imagical

I am inspired by the beauty and possibilities around me.



Workbook Vol. 1

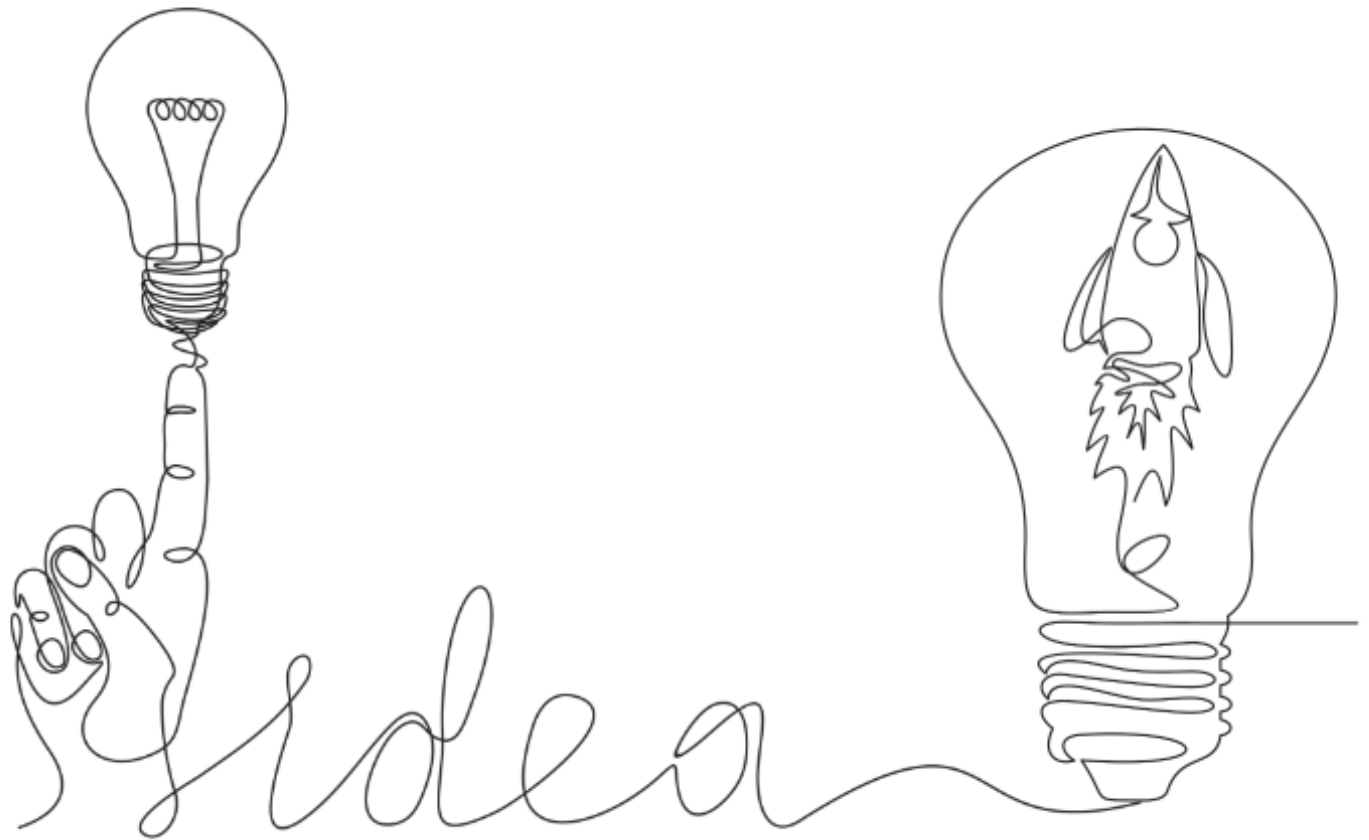
I am deeply
loved,
and I radiate
love in return.



How do you like to show love for yourself? for others? for the world?
Draw hearts and write the word Love (repeatedly) all over the page while focusing on
the Feeling of love and the things you love



I am creative in
endless ways, and
my ideas matter.

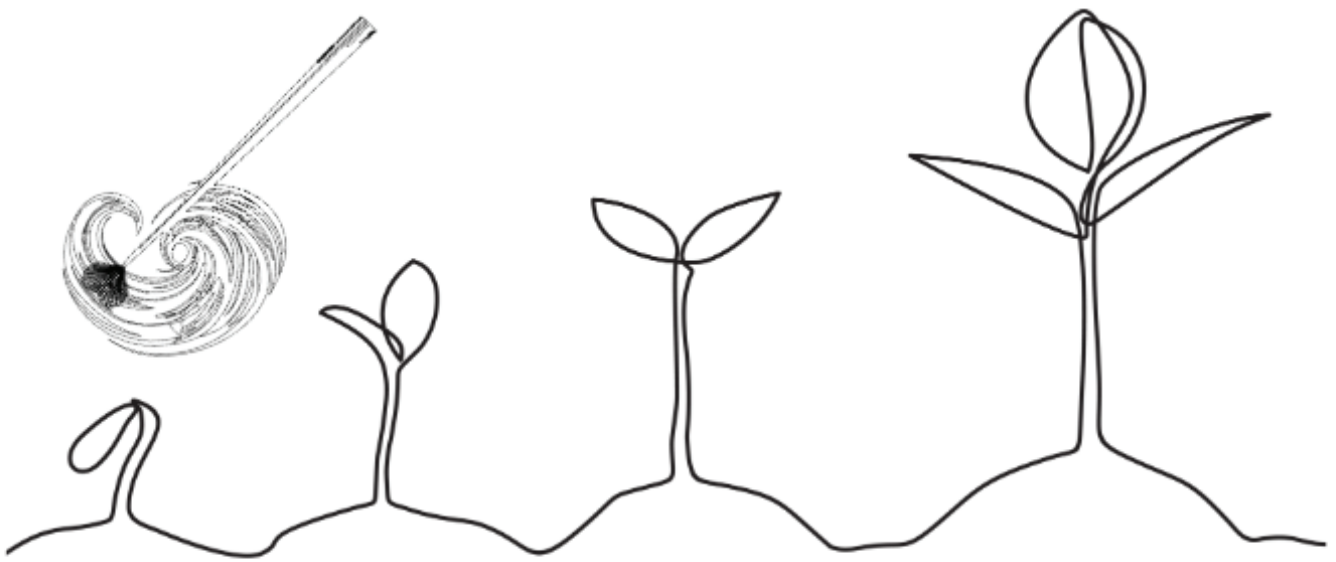


How do you like to create?

How has one of your creative ideas improved something? (a recipe counts)

Draw something to represent your next creative idea. Then revisit this page with results!

I am growing through
every experience,
learning as I go.



Draw roots for different experiences that have helped you grow.

As you draw roots reflect on the situations. Maybe they were challenging, maybe they were delightful. All is well. For the Challenges, this is an opportunity to ground them in learning. This is an opportunity to now let it go. For happier experiences try drawing different type roots, long and expansive, maybe they are a different color.



I am calm,
even when life
feels chaotic.



Where do you find calm in chaos?

Draw the environment that represents a calm moment for you. By the lake, ocean, field or a quiet corner of your home. Maybe it is a collage of different places, be creative, be you and have a fun moment of calm.

I am mindful of
my thoughts and
choose positivity.



How many positive thoughts can you think about yourself?

And... Hey If you have a negative thought, I want you to write it's opposite!!!

Let me start you off.... You are Loved!! You are Unique!!! You are Amazing!!!

Revisit this page often adding new things! Once the page is full, print again and start over!!

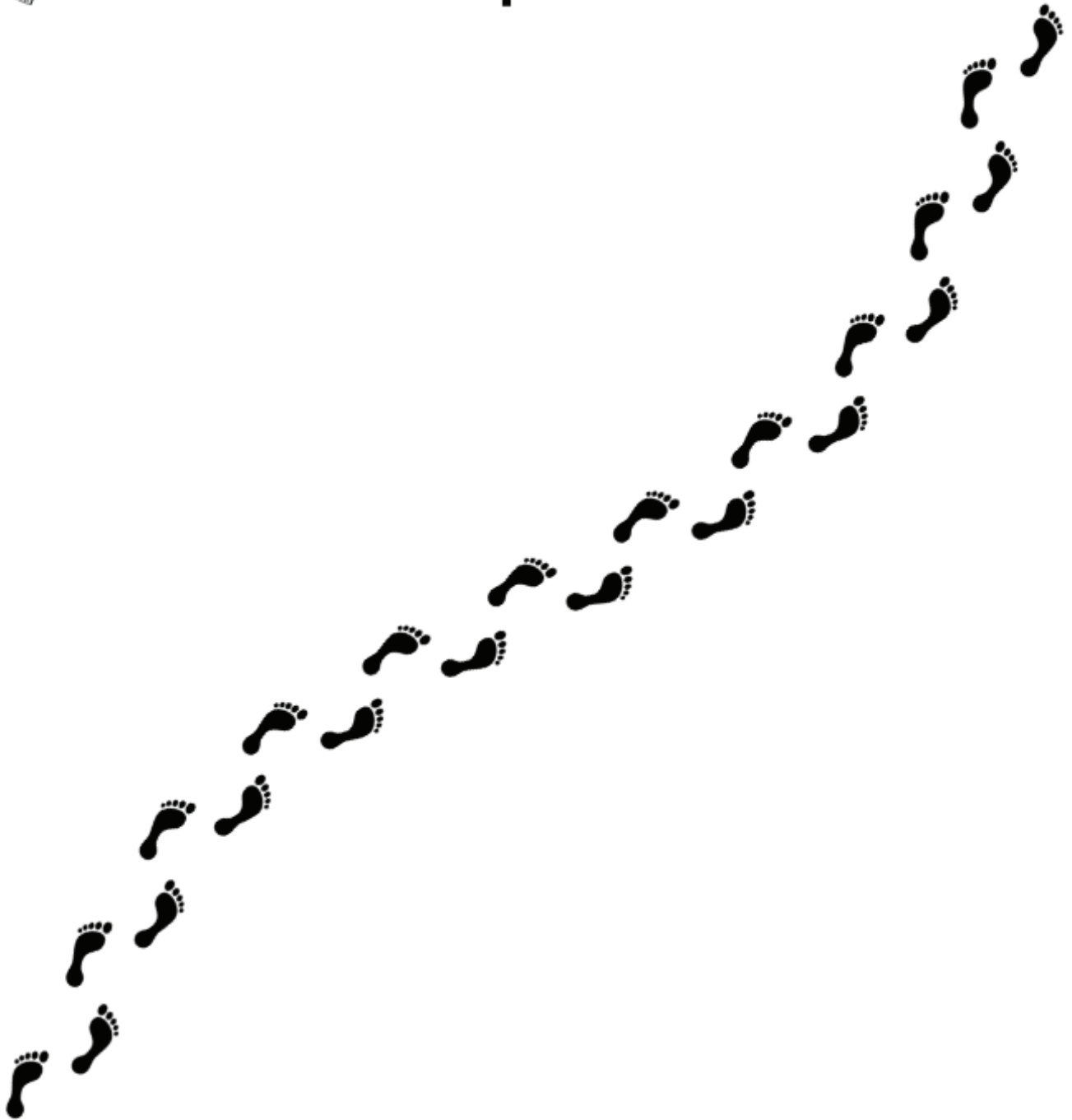


I am light,
shining even in
moments of darkness

Draw something that represents you in the column of light. Don't worry about what it looks like too much. There is no such thing as perfection and there is no such thing as right or wrong with art! A heart, a smiley face, a flower or a self portrait. All is okay.



I am motivated
to keep going,
one step at a time.



Is there a time in your life when motivation created great results?

Draw symbols, words or a picture to represent this journey.

Were there obstacles? Smooth Sailing?

Remember who you are and how your motivation to keep going has gotten you through!



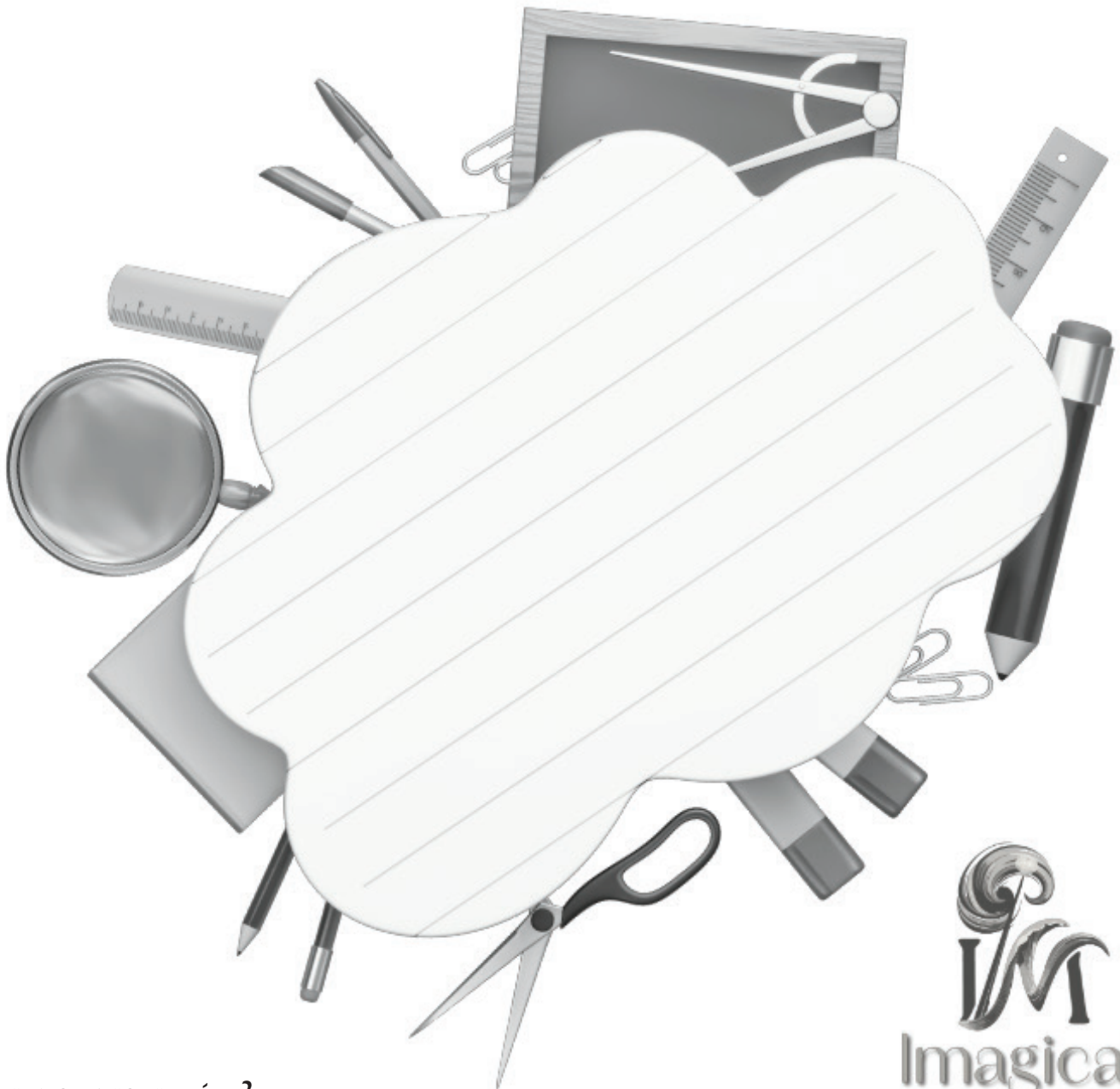
I am whole,
nothing missing,
nothing broken.



Color your aura
What colors represent you?



I am learning
every day and
celebrate progress
over perfection.



How are you progressing?

Write down progressive milestones you have made or current goals you are progressing toward

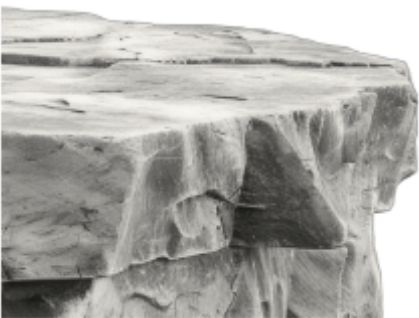
I am confident in who I am and where I'm headed.



I CAN

DO IT

This is a metaphor-
No Actual Cliff Jumping in this exercise



Draw or represent Yourself leaping from where you are to where you want to be.

I am grounded,
rooted in who I am
and what I believe.



What positive beliefs ground you and are rooted in who you are? Connect these beliefs to the roots. Write words or symbols to represent these beliefs, extend the roots if necessary.