IT ALL STARTS WITH ME

COLOURING ME
CREATIVE BOOK

The Colouring Me Creative Book supercharges
• **self-awareness** • **mindfulness** • **creativity**
which Growth Mindset thrives on.

CREATE your own *Starts with Me* Poster

Let your creativity shine and experience the specialness of each virtue and power word. There are lots of ways to create. You can use pencils, pastels, and crayons, spray bottles of colour, glitter and whatever you can imagine.

Creativity is not all about colouring inside the lines. Be daring, let your growth mindset help you to take risks with creativity. You can choose to colour outside the lines and use the white space; create your own creativity rules.

What colour hair would you like?
What colour skin?
What will you write or draw in the white space?
Could the hair be different, could you add to the hair style?
Do you think a nose would be fun? What shape?

Take time to feel the peace, and calm as you mindfully create. Colouring can help you to sharpen your focus, awareness and attention.

Notice the words on the page, notice the colours you choose, notice the way you are holding your pencil, and notice the sounds from colouring in and how your hand flows.
This noticing helps you to be present and appreciate all that you have right here and now.

What will you do with your finished master piece?

Creativity starts with YOU! Above all, have fun!
And remember, it's all in the GROWTH!

LOVE STARTS WITH ME

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FRIENDLINESS STARTS WITH

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HAPPINESS STARTS WITH

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KINDNESS STARTS WITH ME

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RESPECT STARTS WITH

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TRUST STARTS WITH ME

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TOGETHERNESS STARTS WITH

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PEACE STARTS WITH ME

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PATIENCE STARTS WITH ME

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PERSISTENCE STARTS WITH ME

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FORGIVENESS STARTS WITH

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CONFIDENCE STARTS WITH ME

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ENTHUSIASM STARTS WITH

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ACCEPTANCE STARTS WITH ME

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GENEROSITY STARTS WITH

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EXCELLENCE STARTS WITH

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PURPOSE STARTS WITH

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FREEDOM STARTS WITH ME

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GRATITUDE STARTS WITH ME

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CREATIVITY STARTS WITH

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OPTIMISM STARTS WITH ME

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COOPERATION STARTS WITH

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COMPASSION STARTS WITH ME

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TACT STARTS WITH ME

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CLEANLINESS STARTS WITH ME

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"INDEPENDENCE" STARTS WITH

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FLEXIBILITY STARTS WITH

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ENCOURAGEMENT STARTS WITH

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FAIRNESS STARTS WITH ME

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GENTLENESS STARTS WITH

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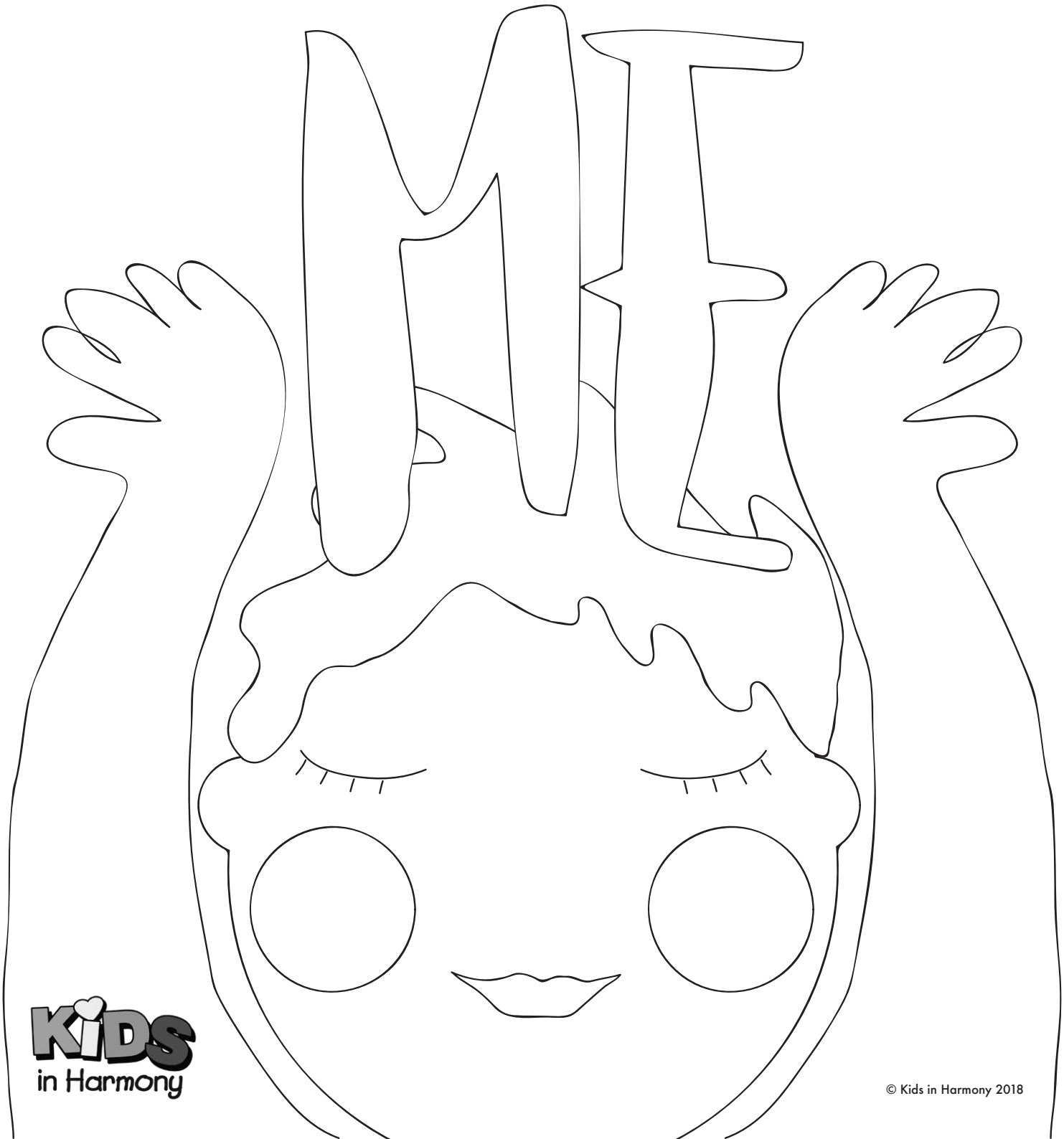
COURAGE STARTS WITH ME



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CURIOSITY STARTS WITH ME

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CALM STARTS WITH ME

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