

50 MINDFUL AFFIRMATIONS ADULT COLORING

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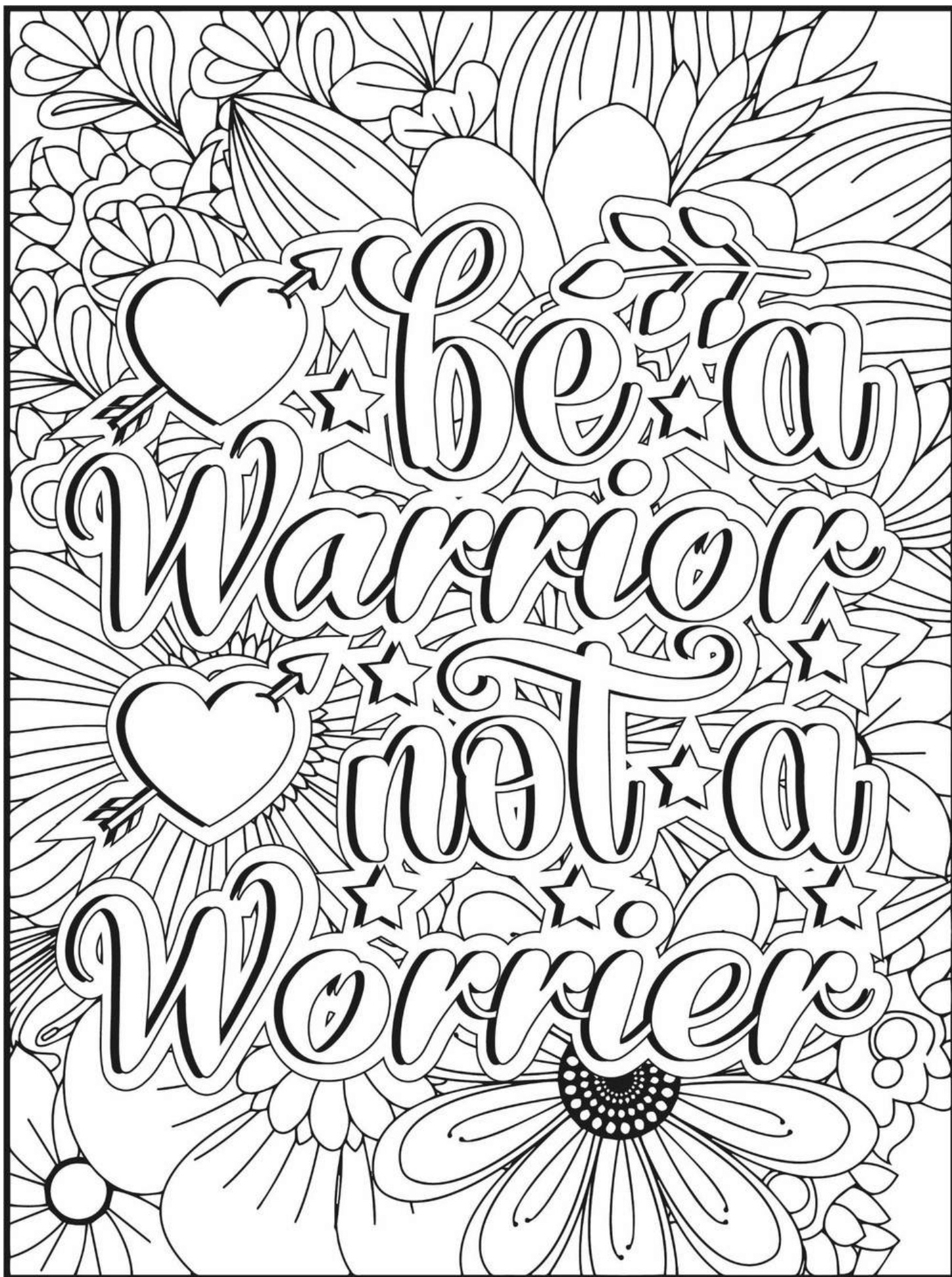
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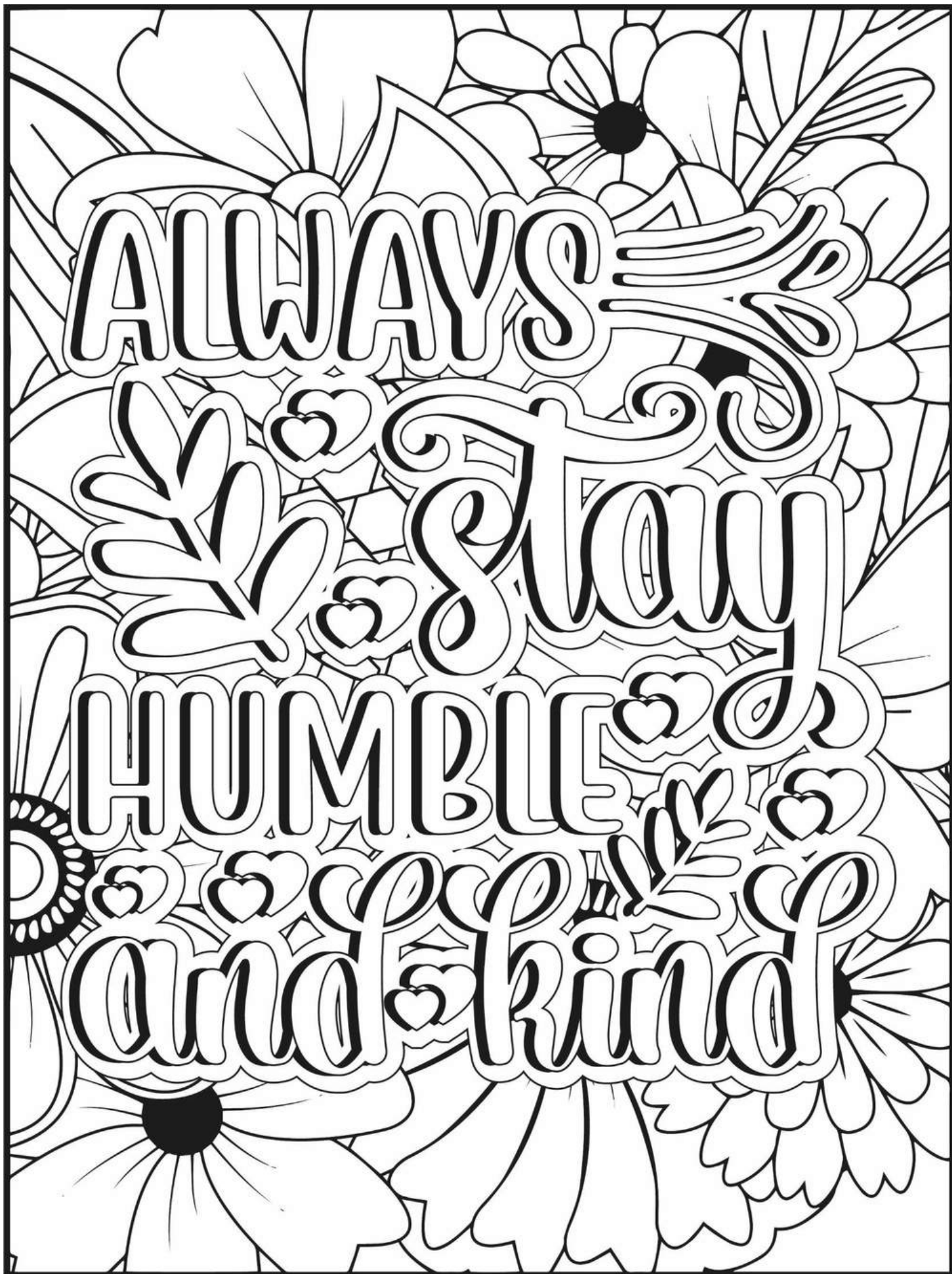
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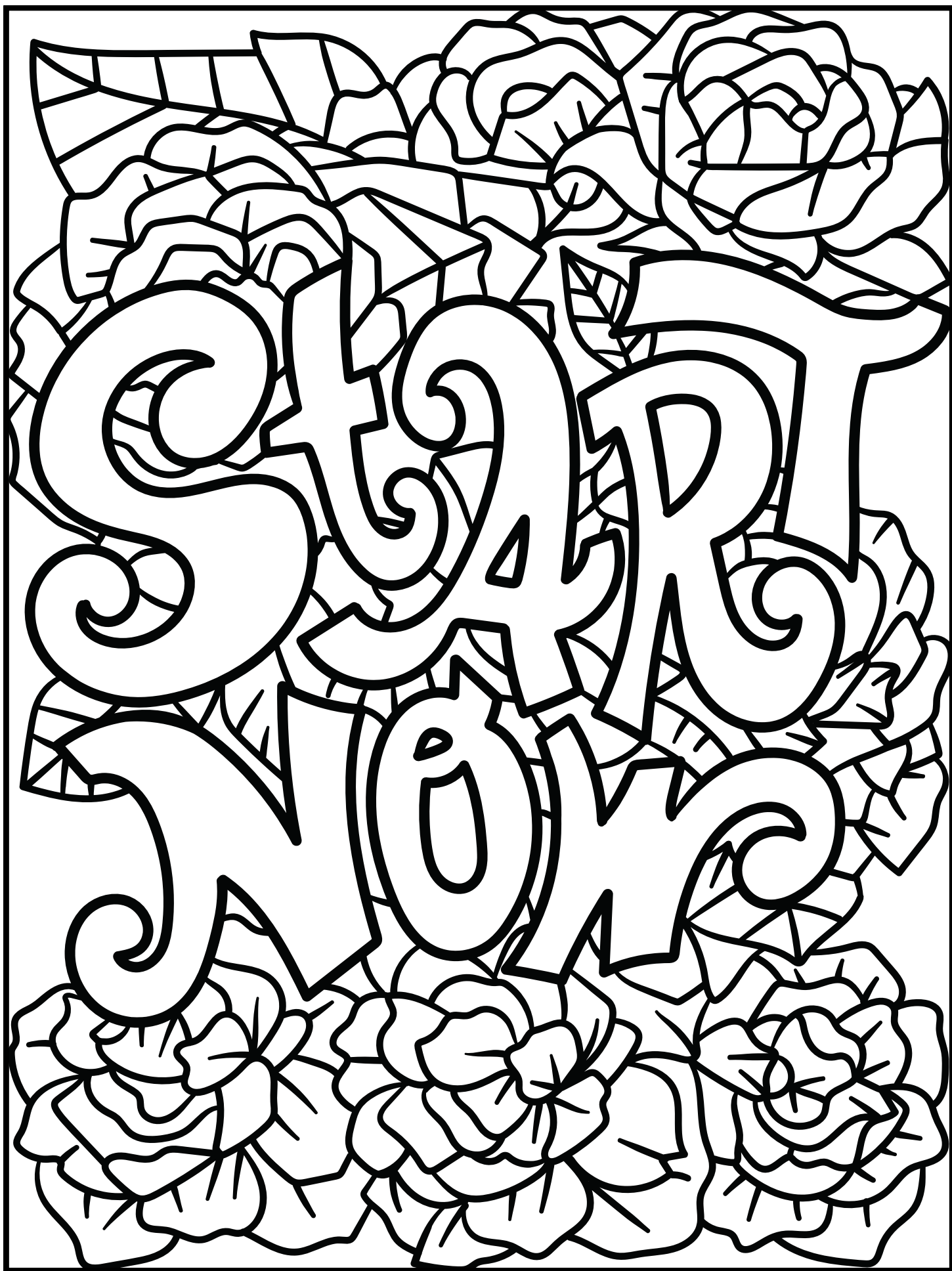


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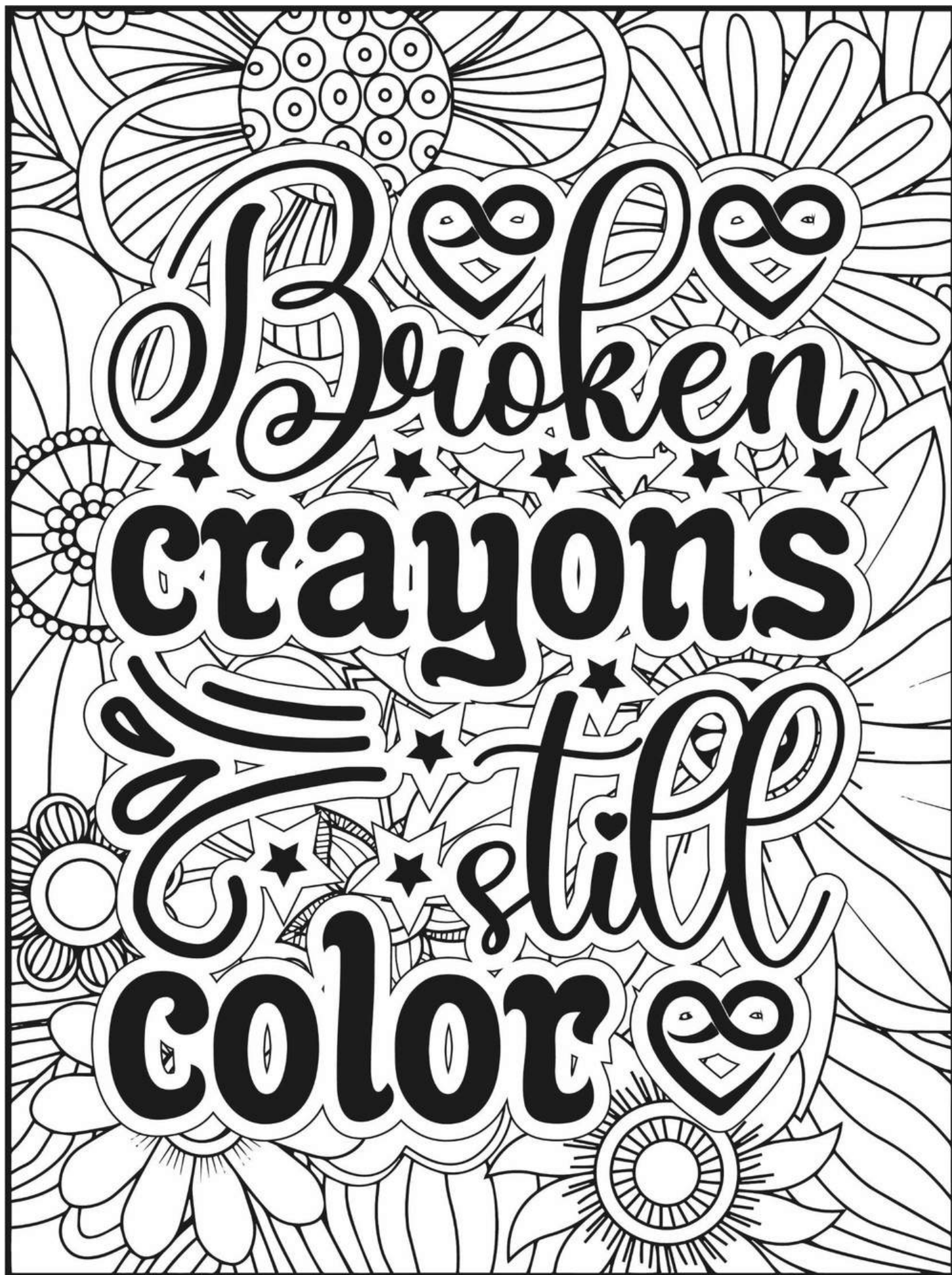


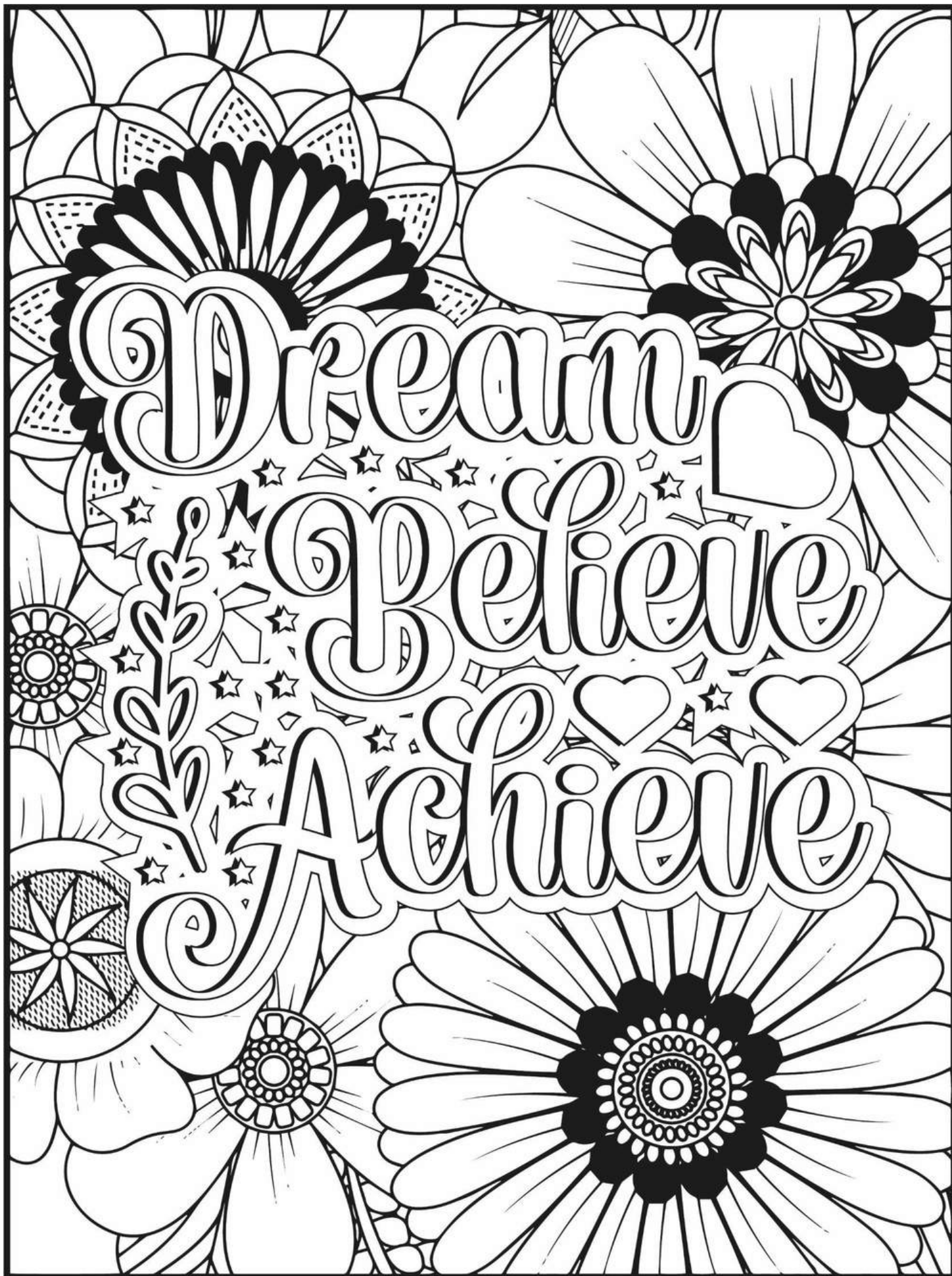


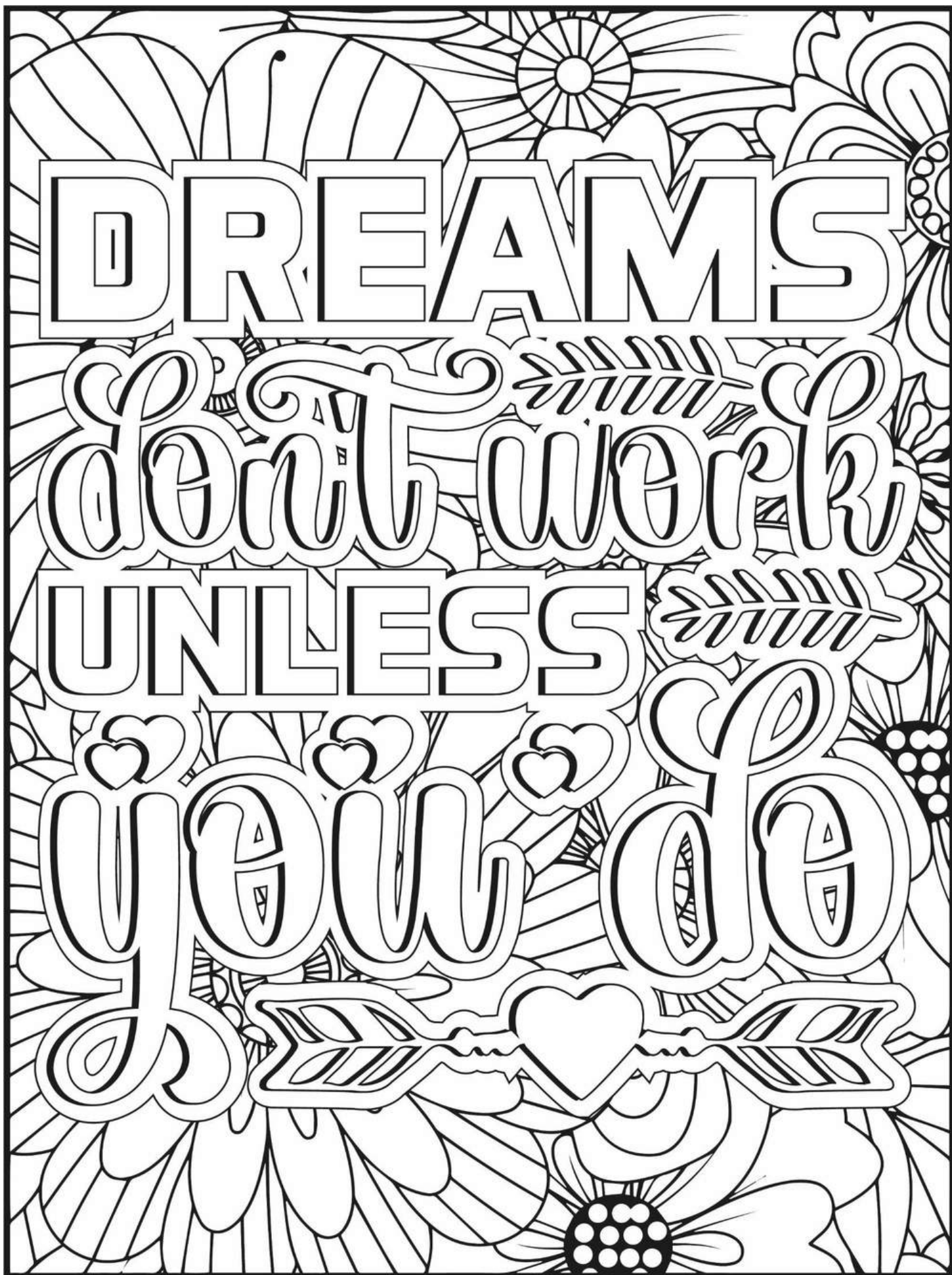


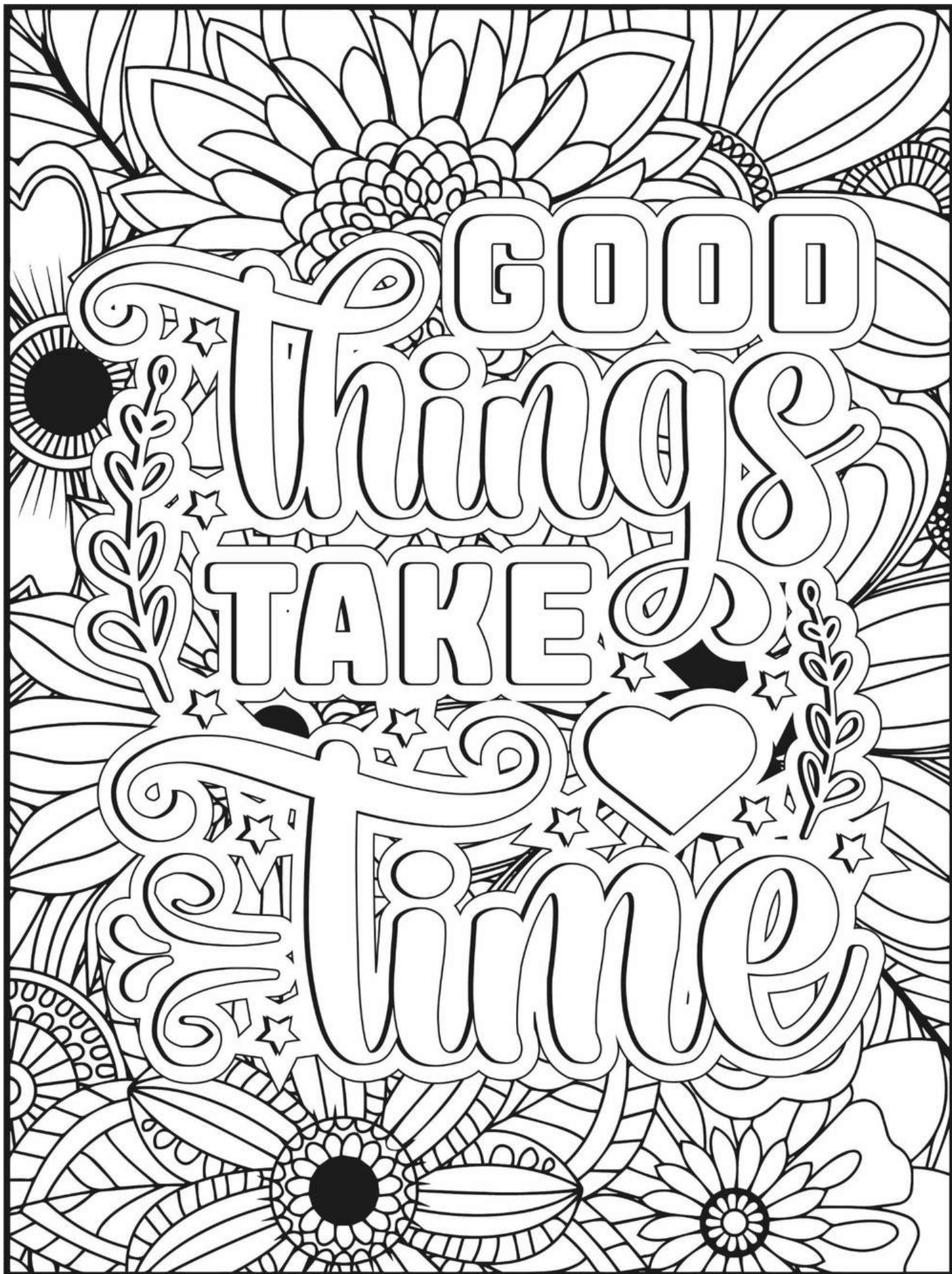
BE
Stronger
THAN YOUR
excuses





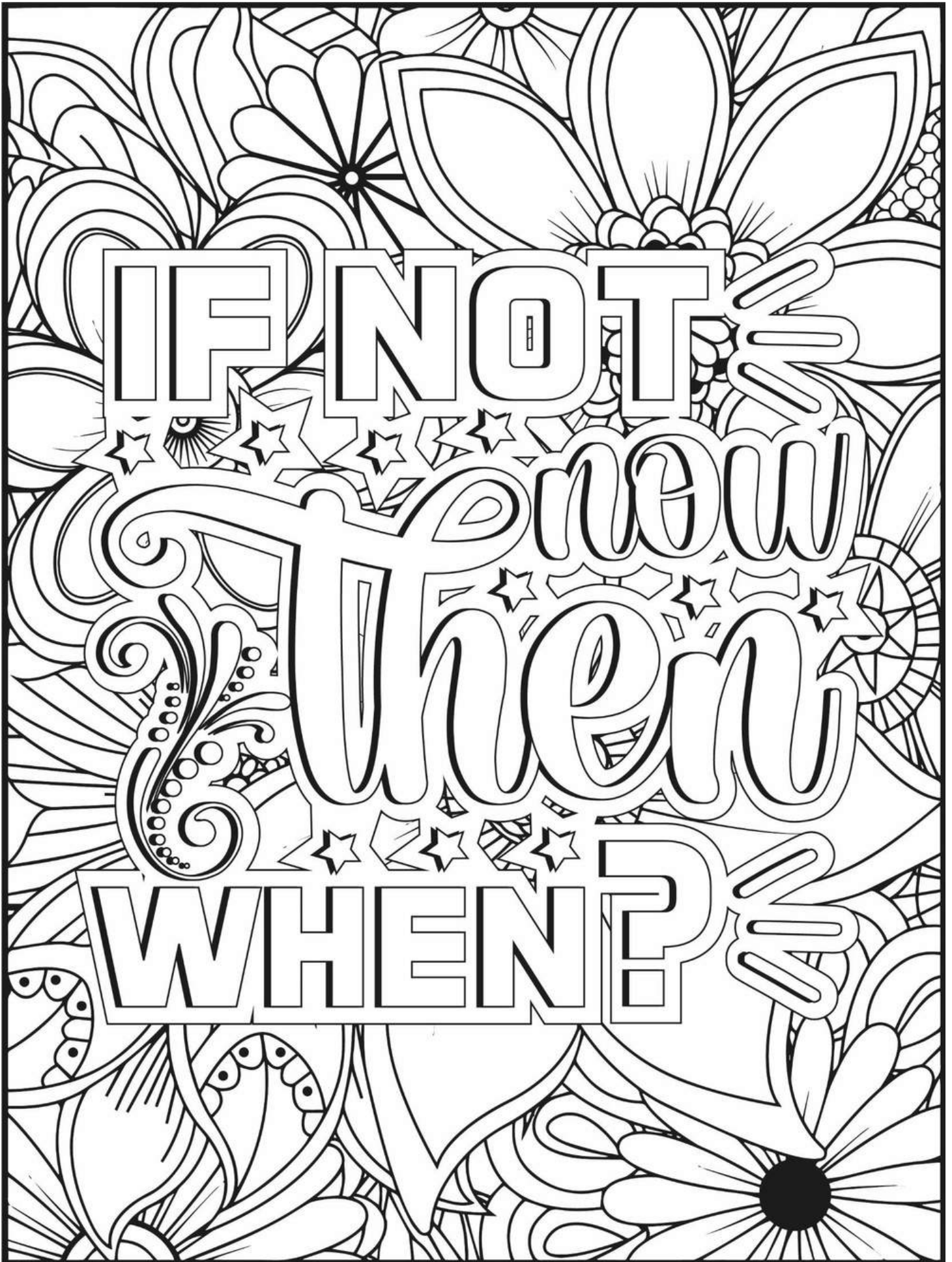








IF NOT
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WHEN?

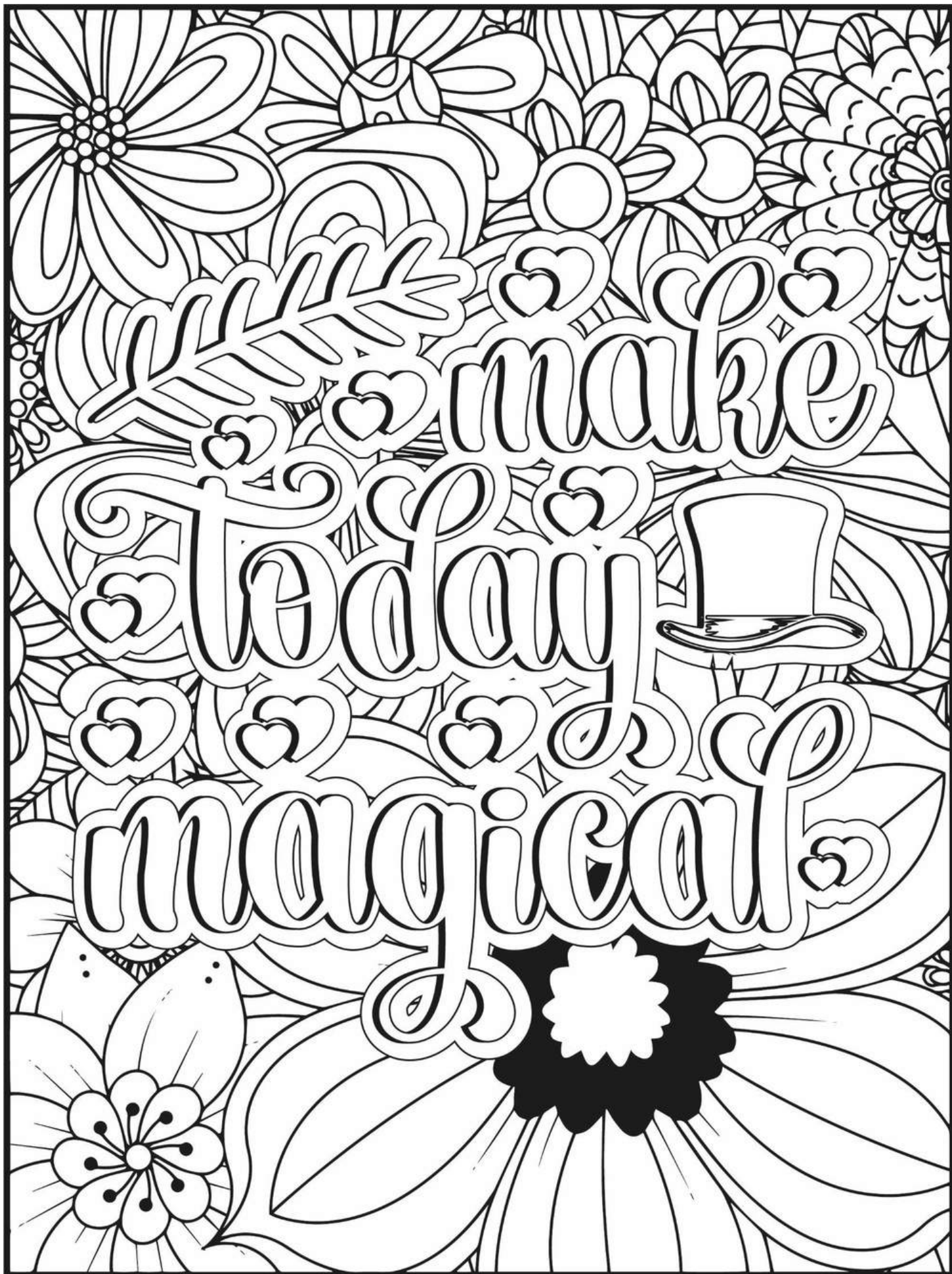


INHALE THE

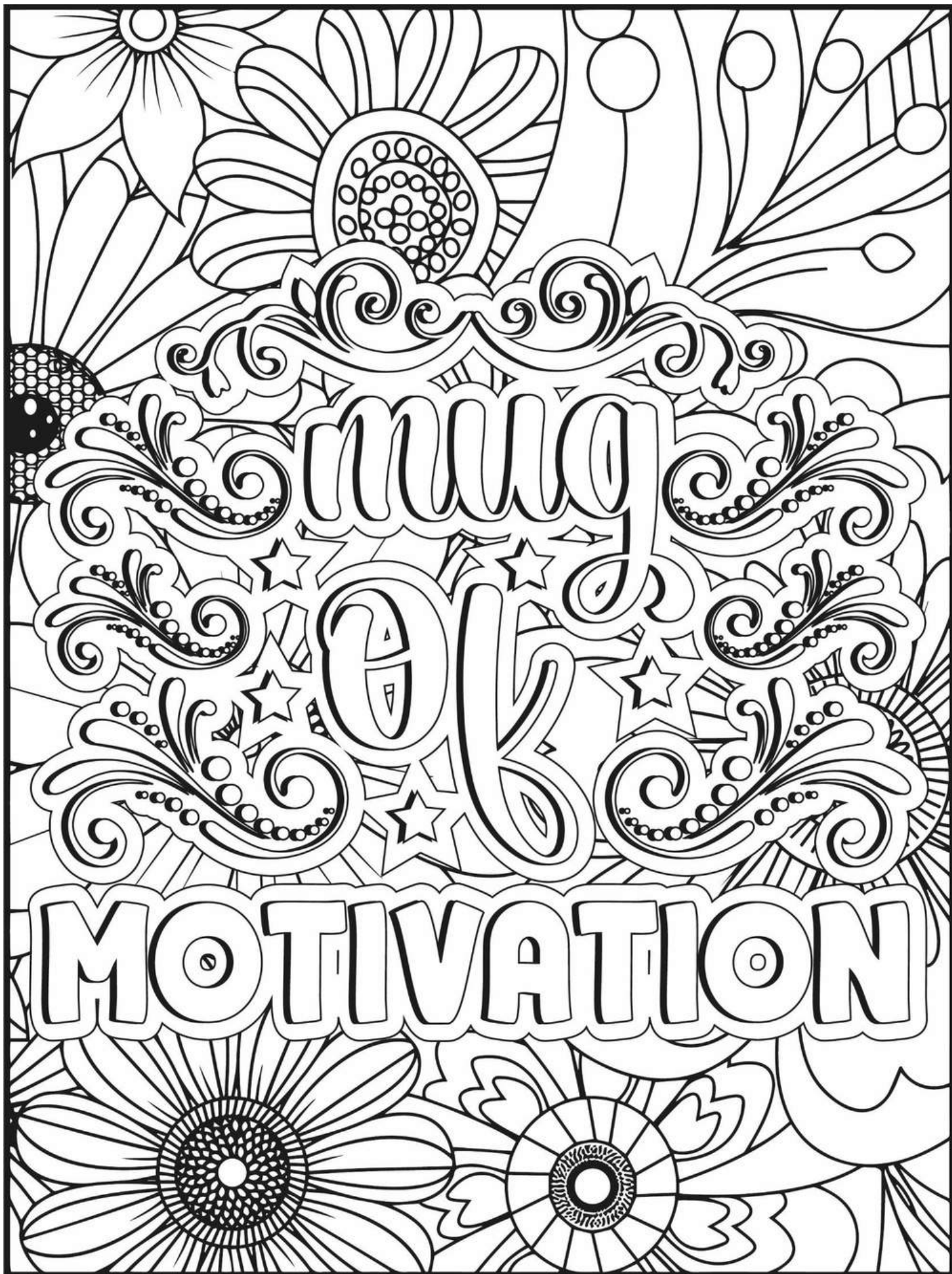
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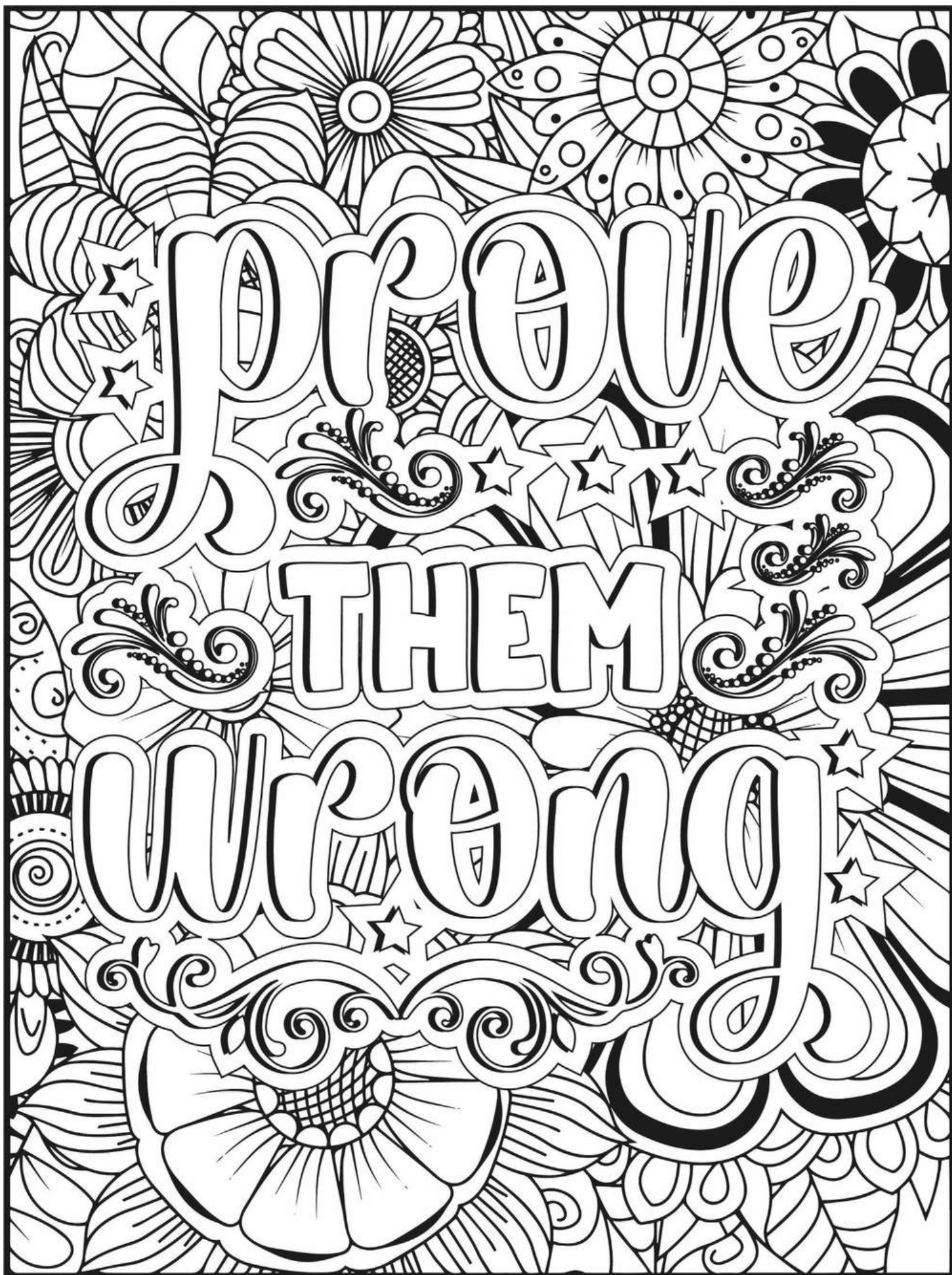
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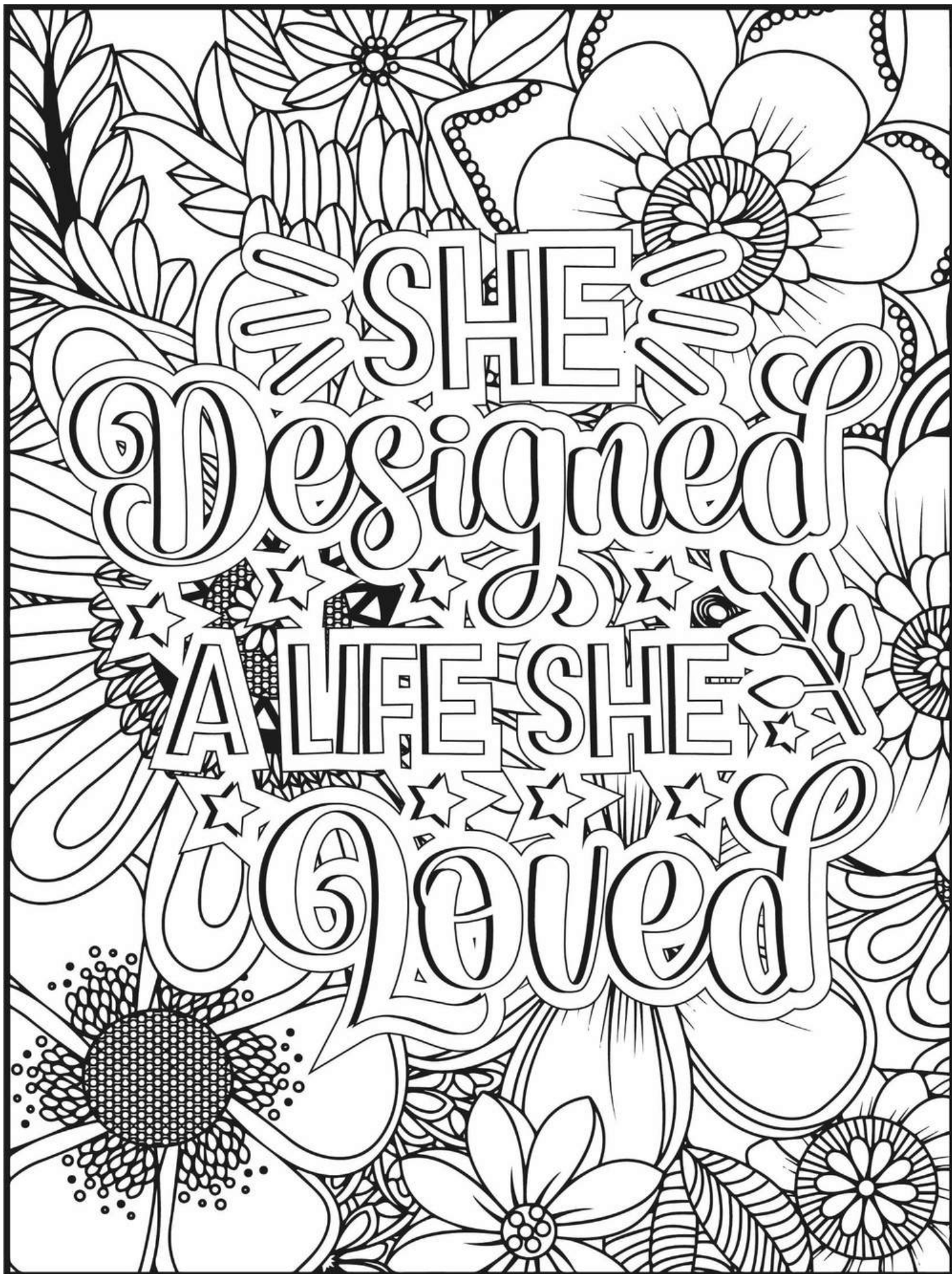
THE POST

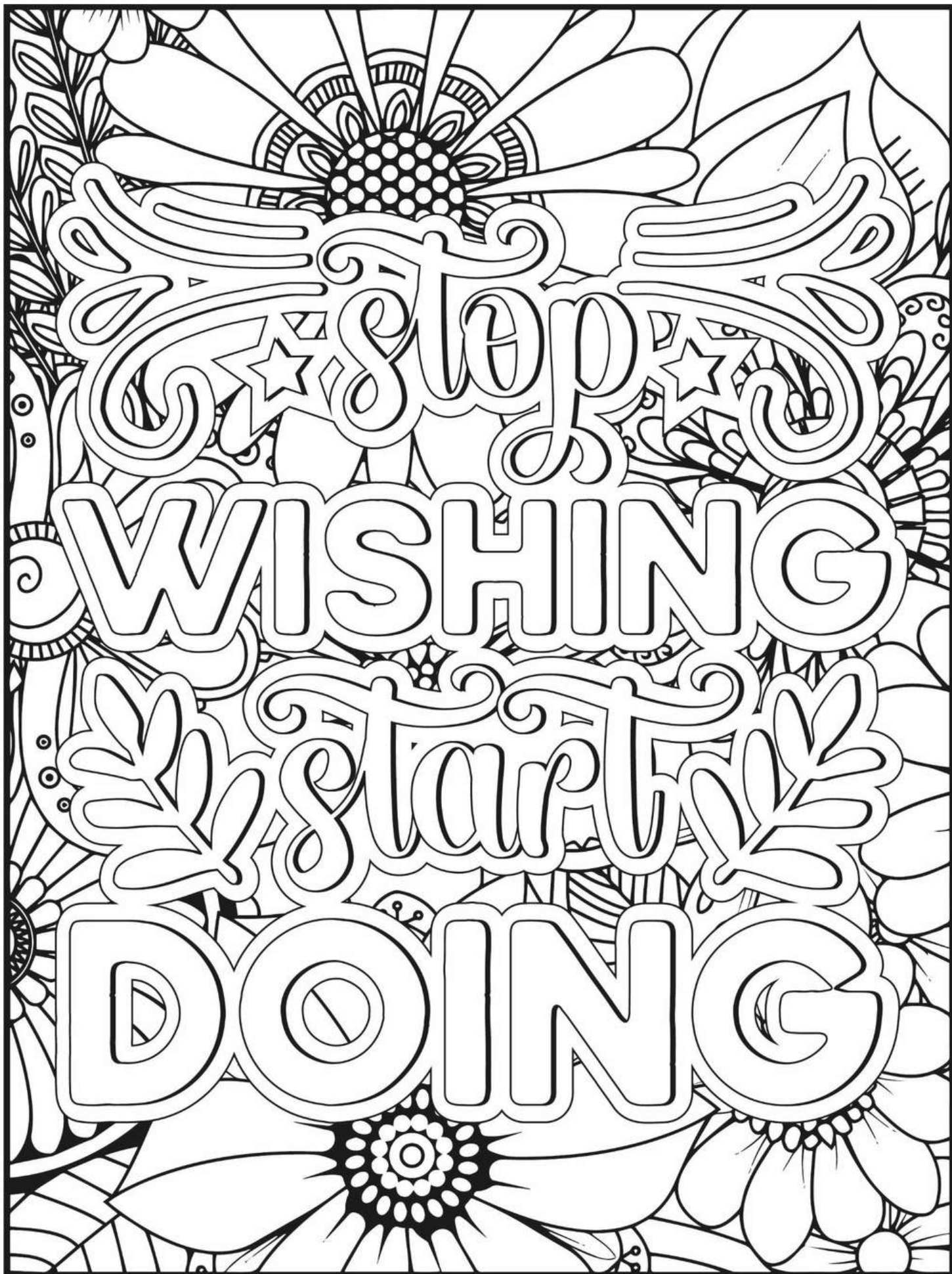


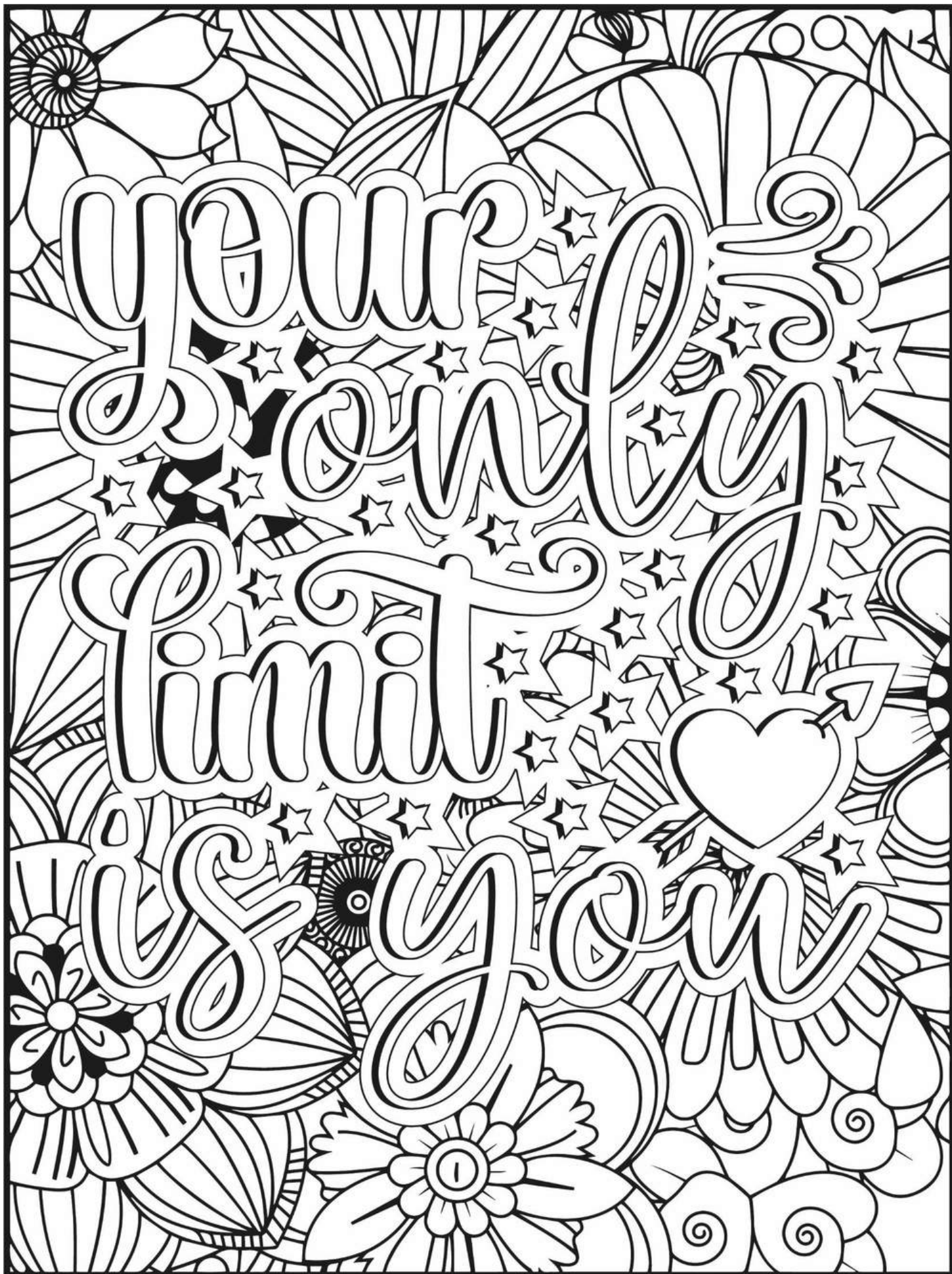


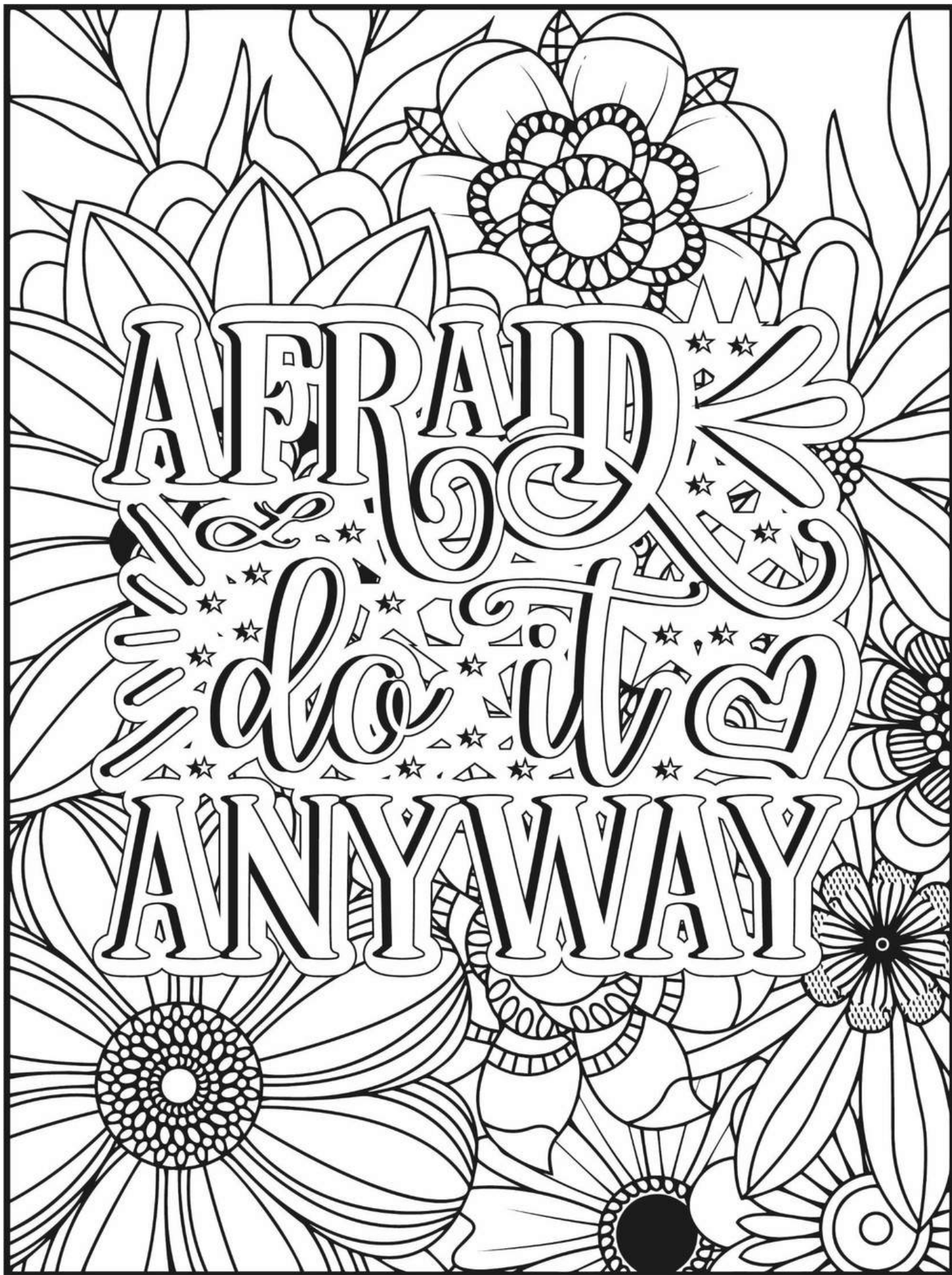






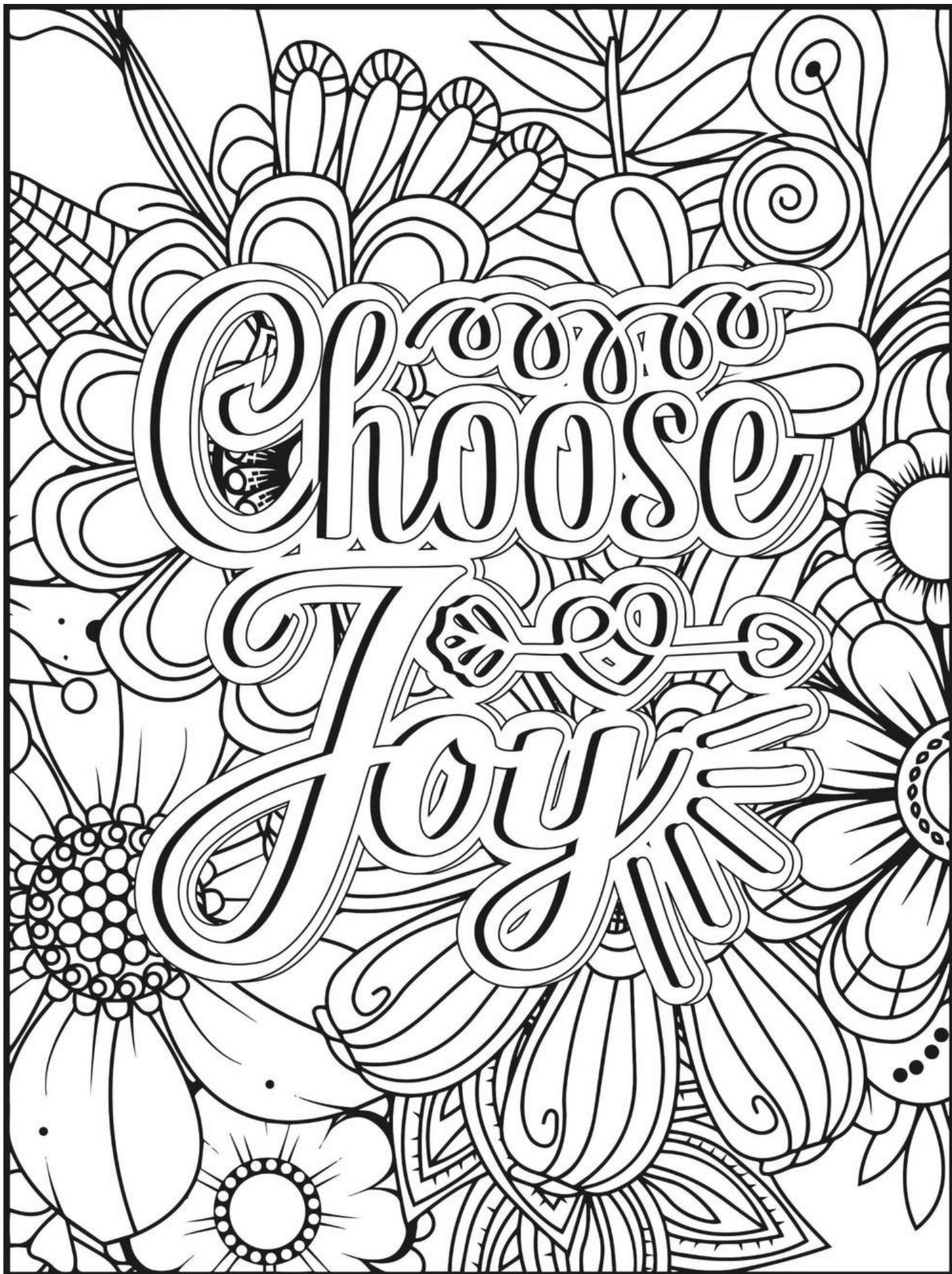


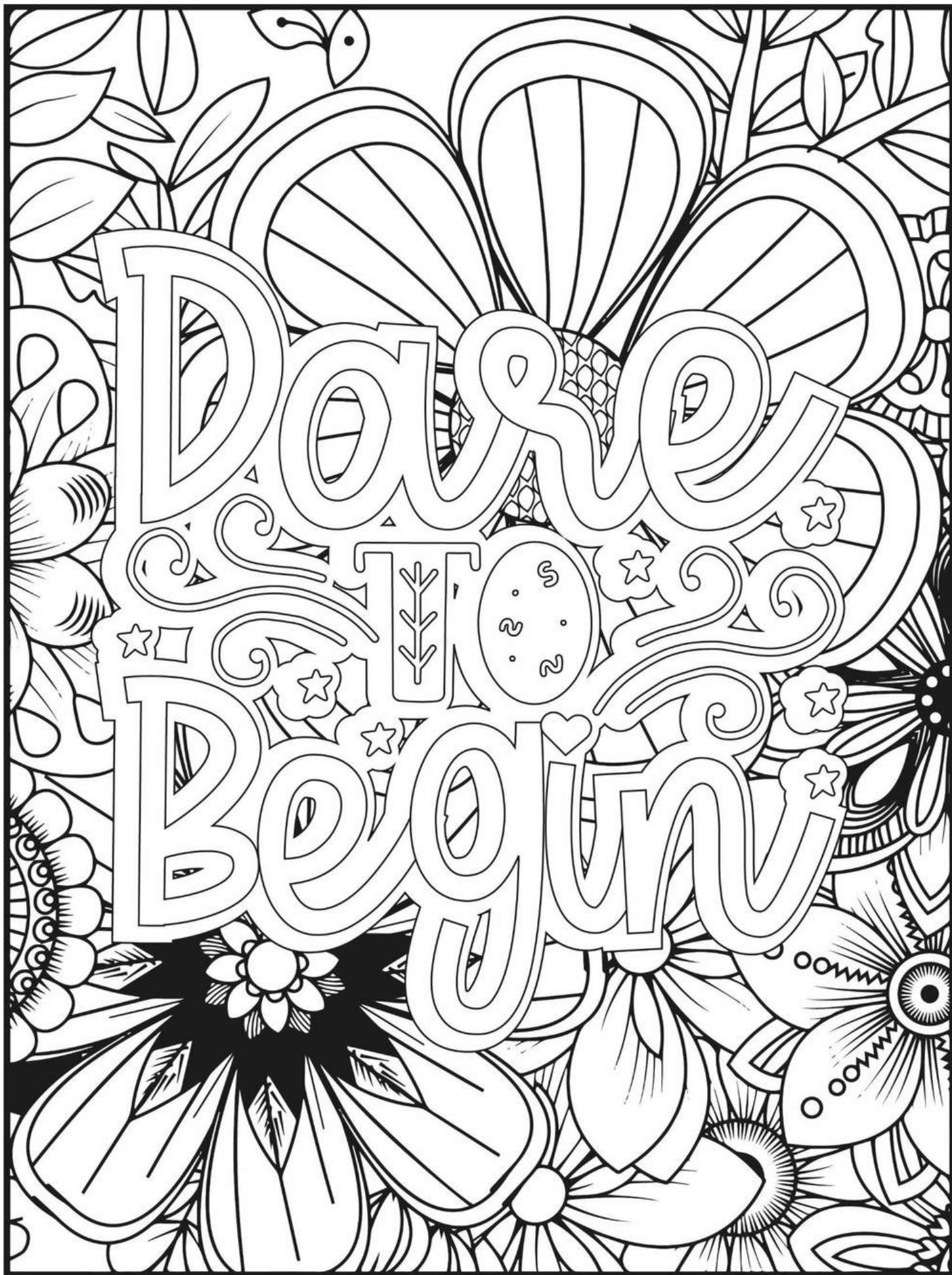


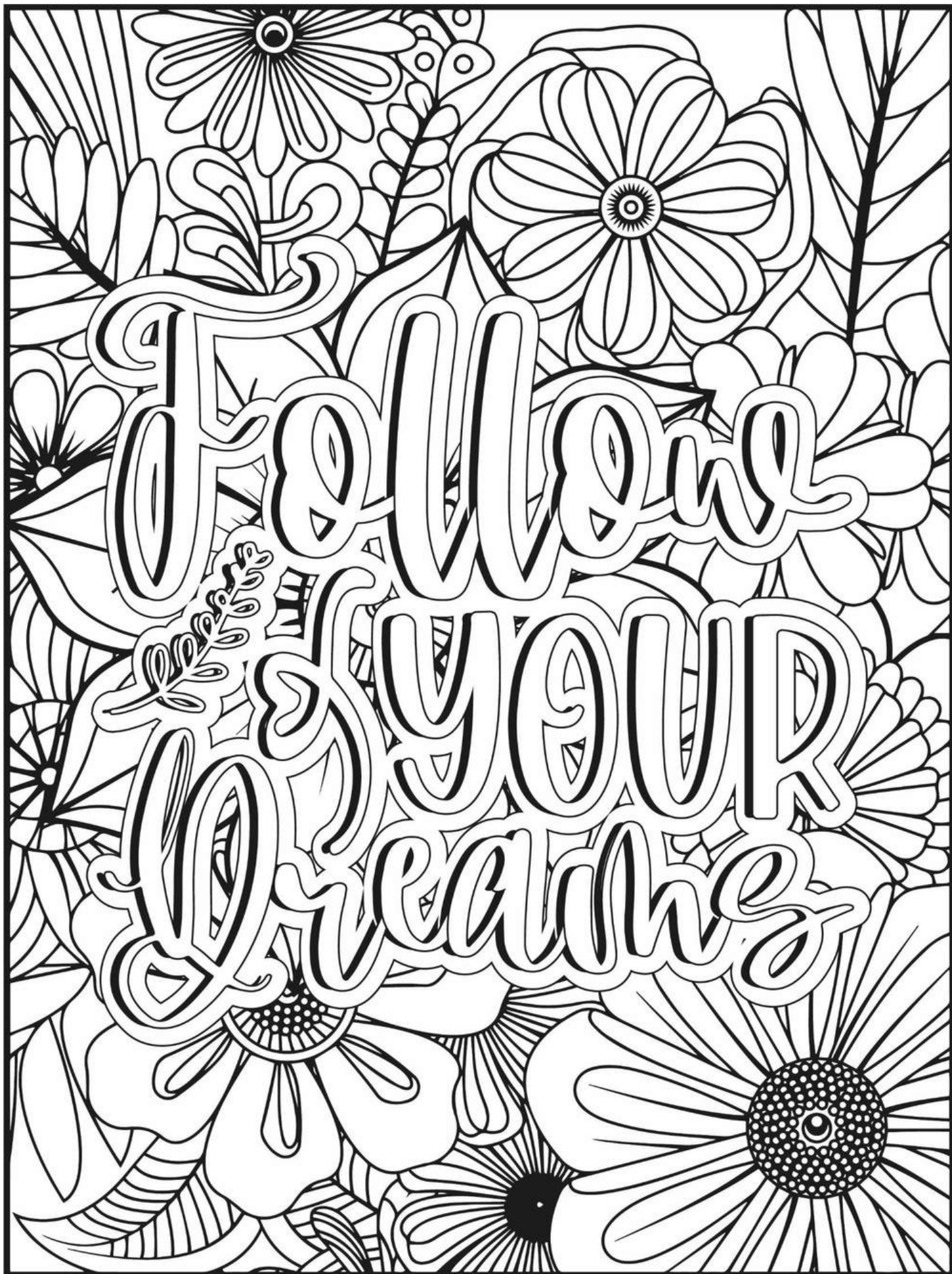


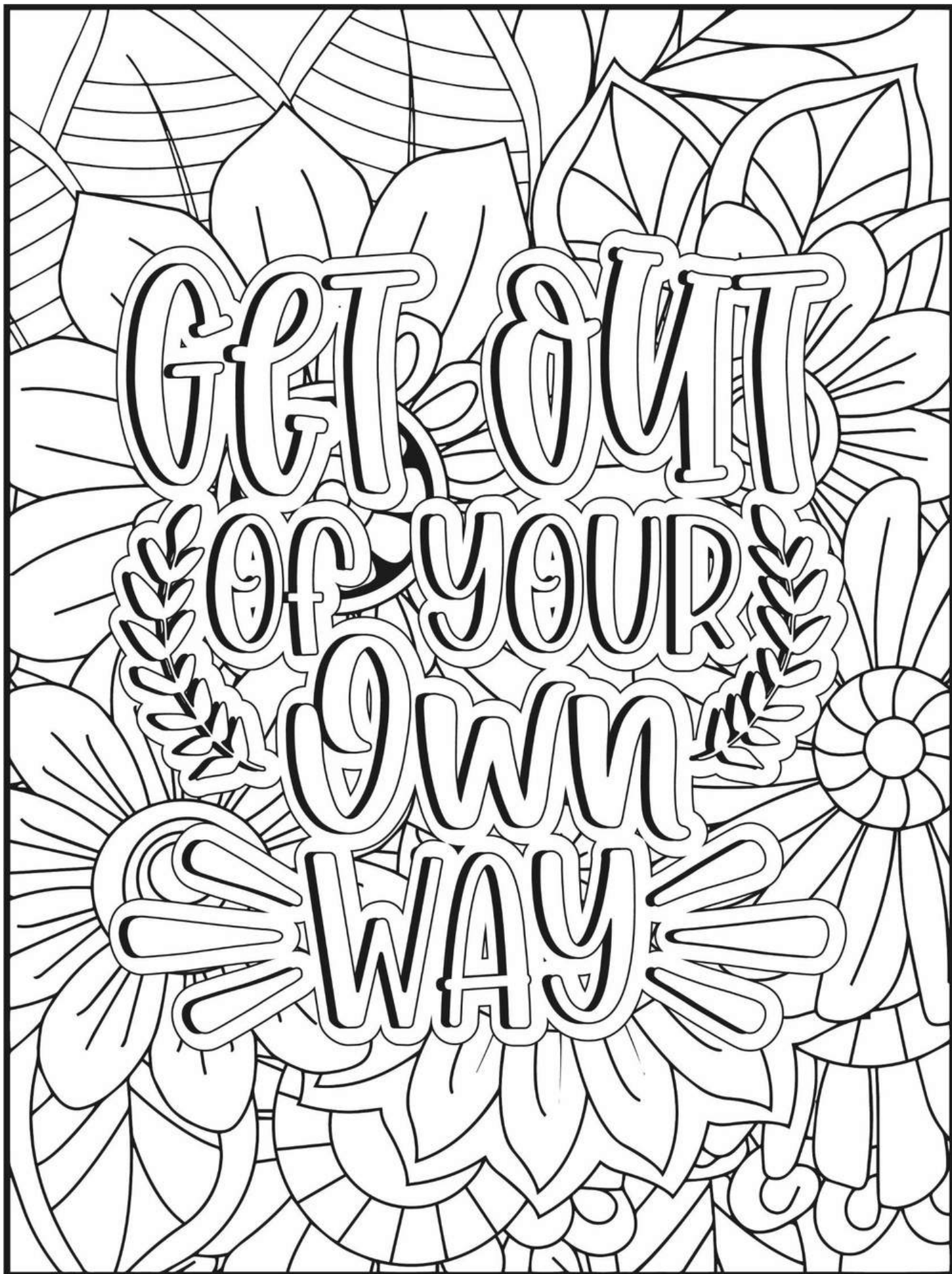




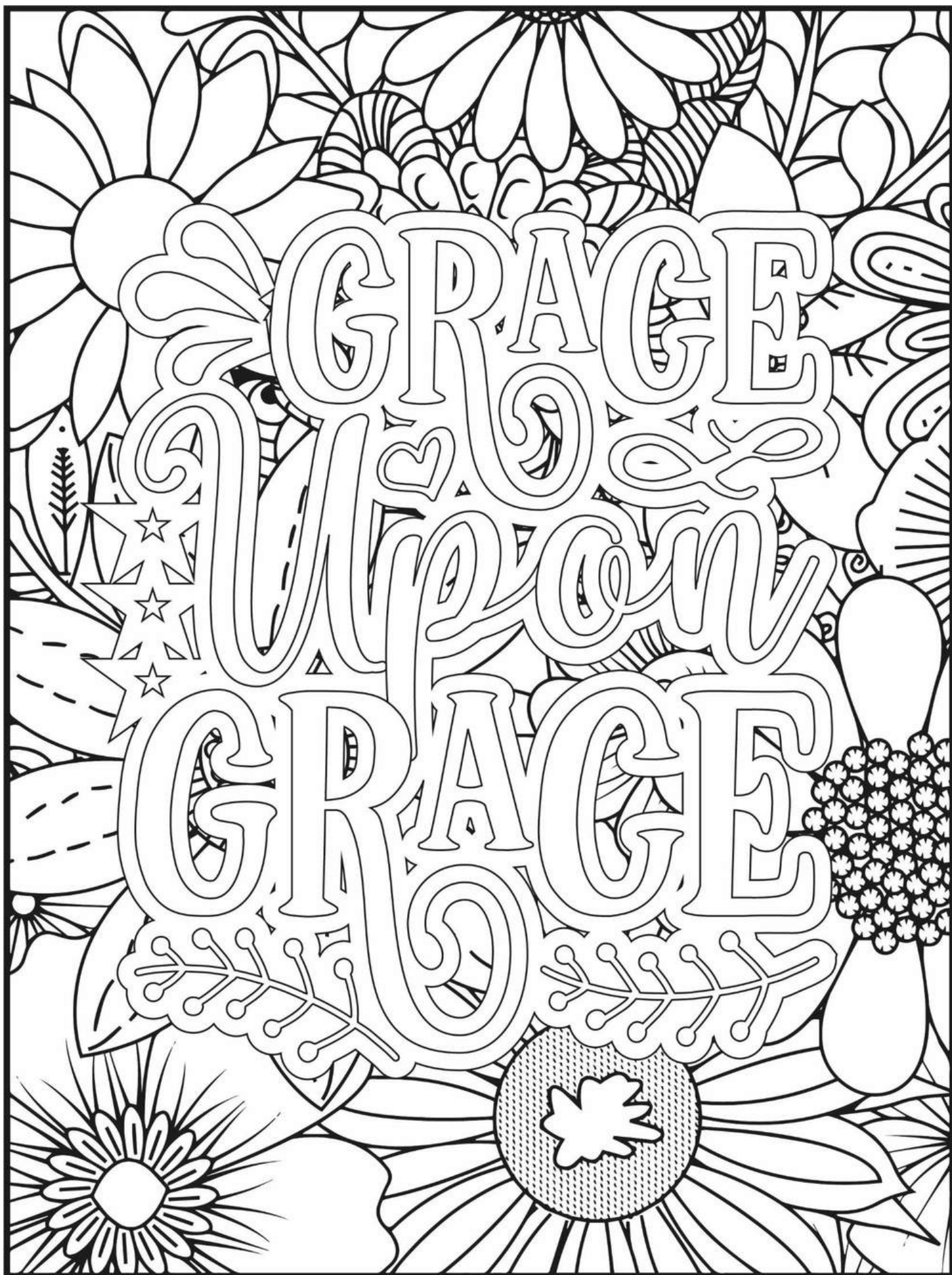


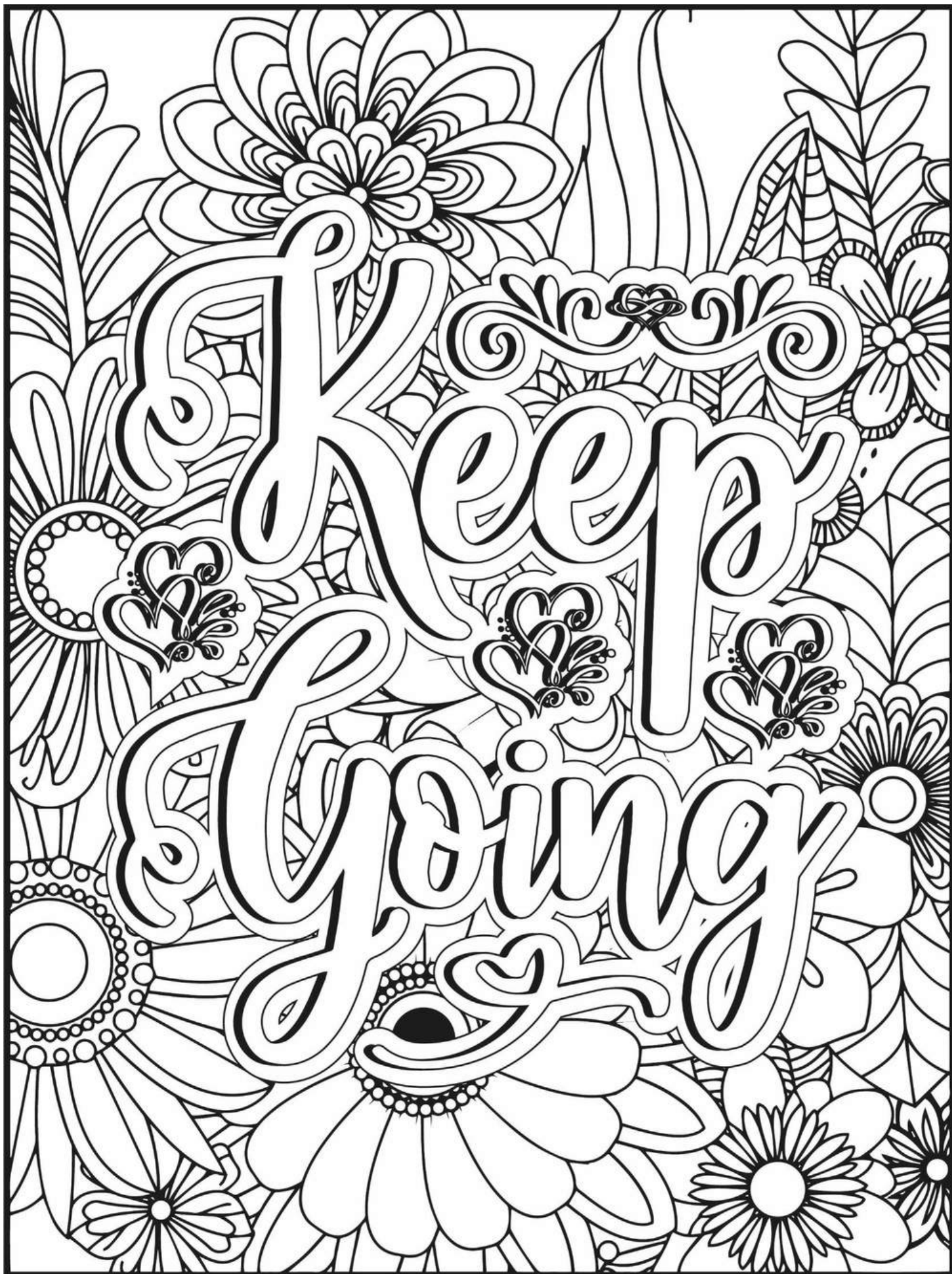


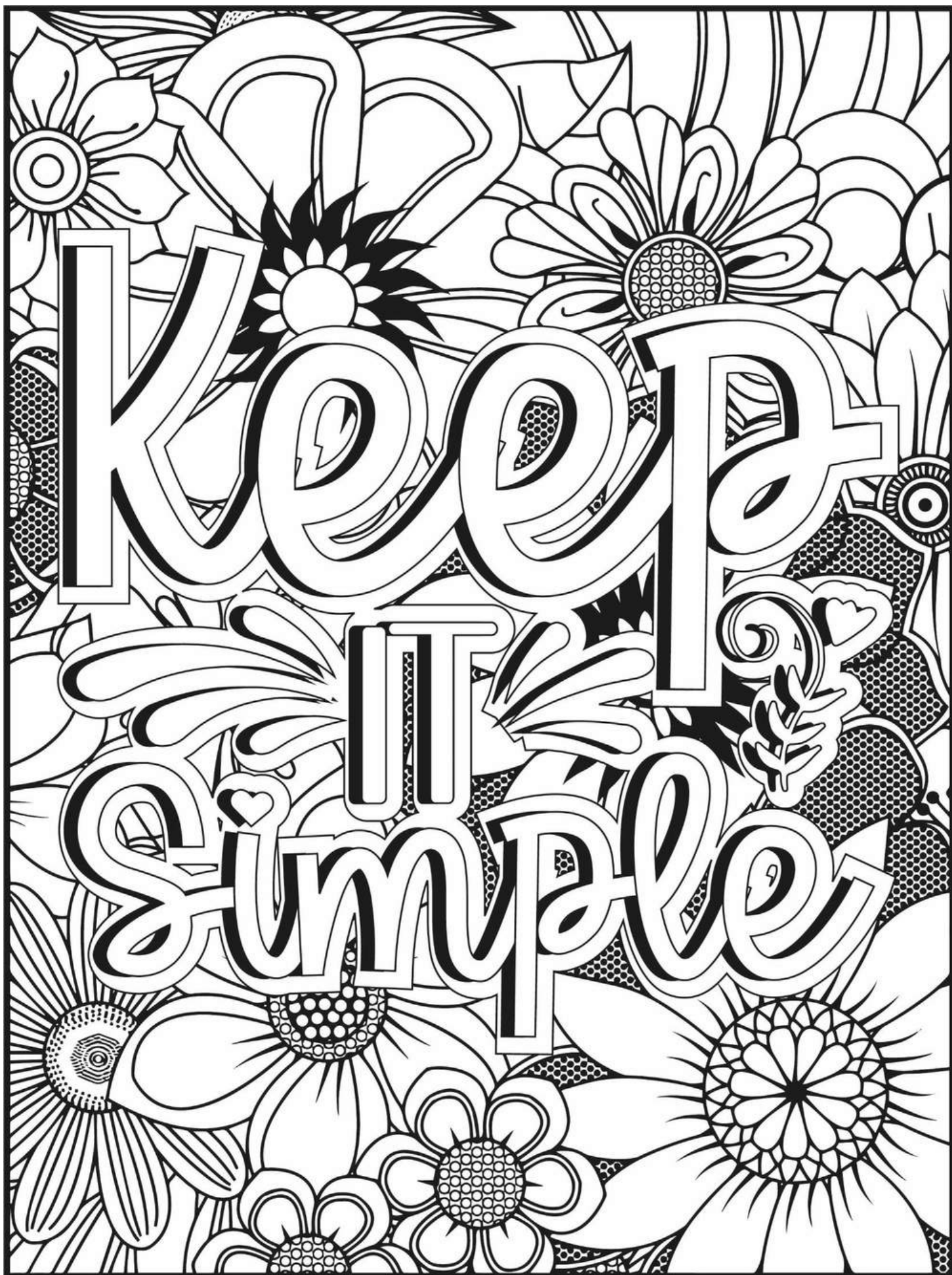


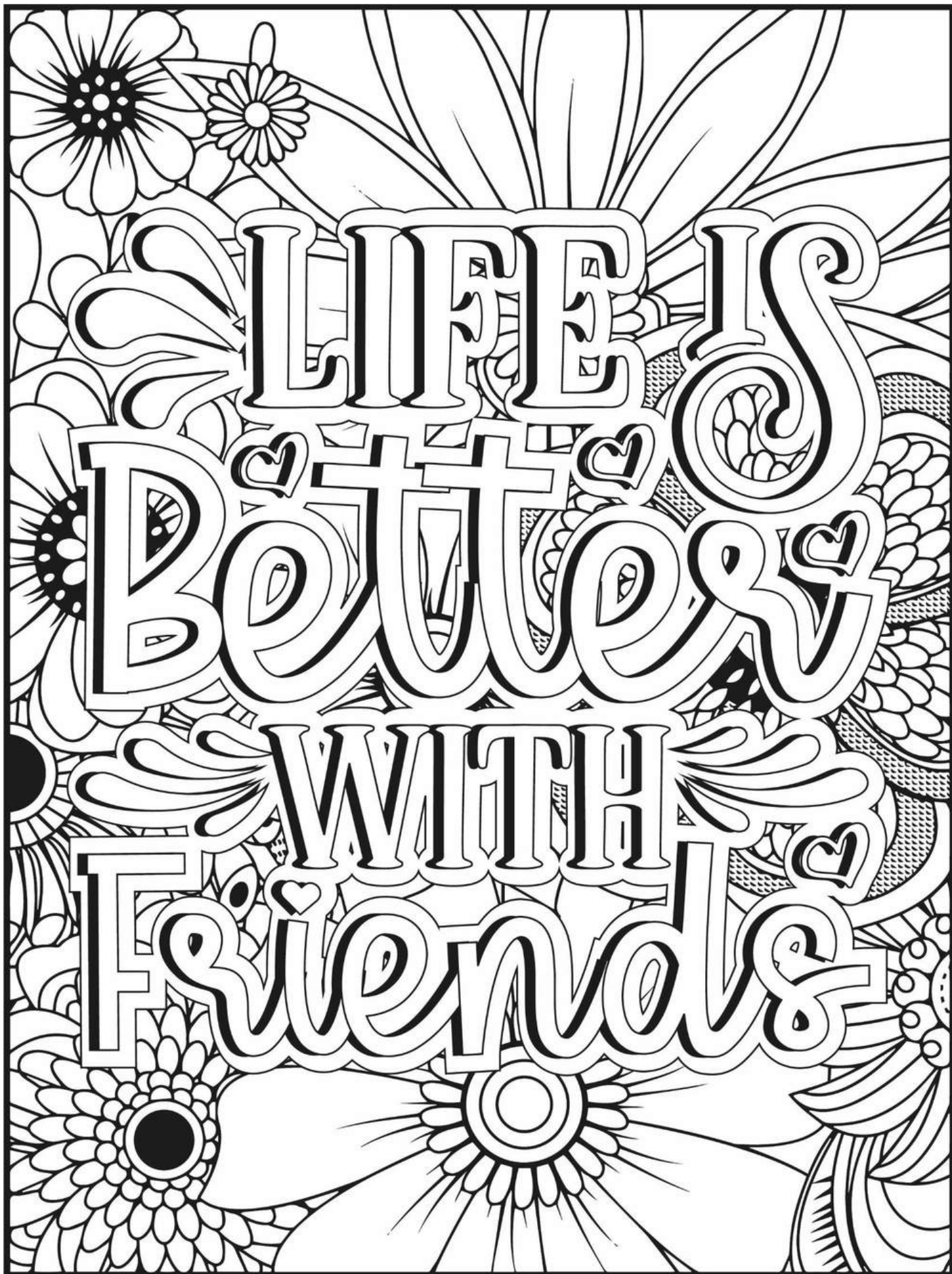


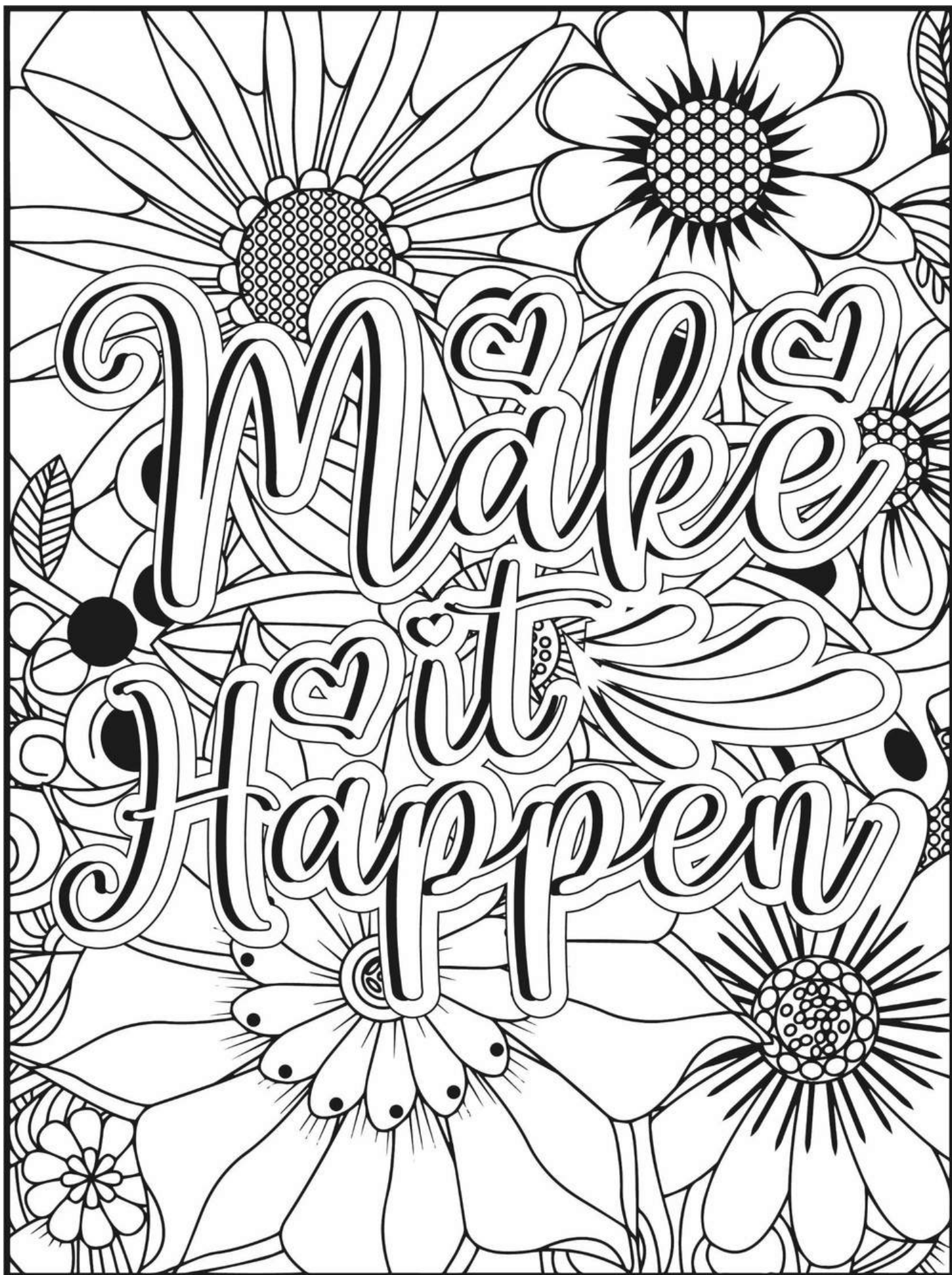


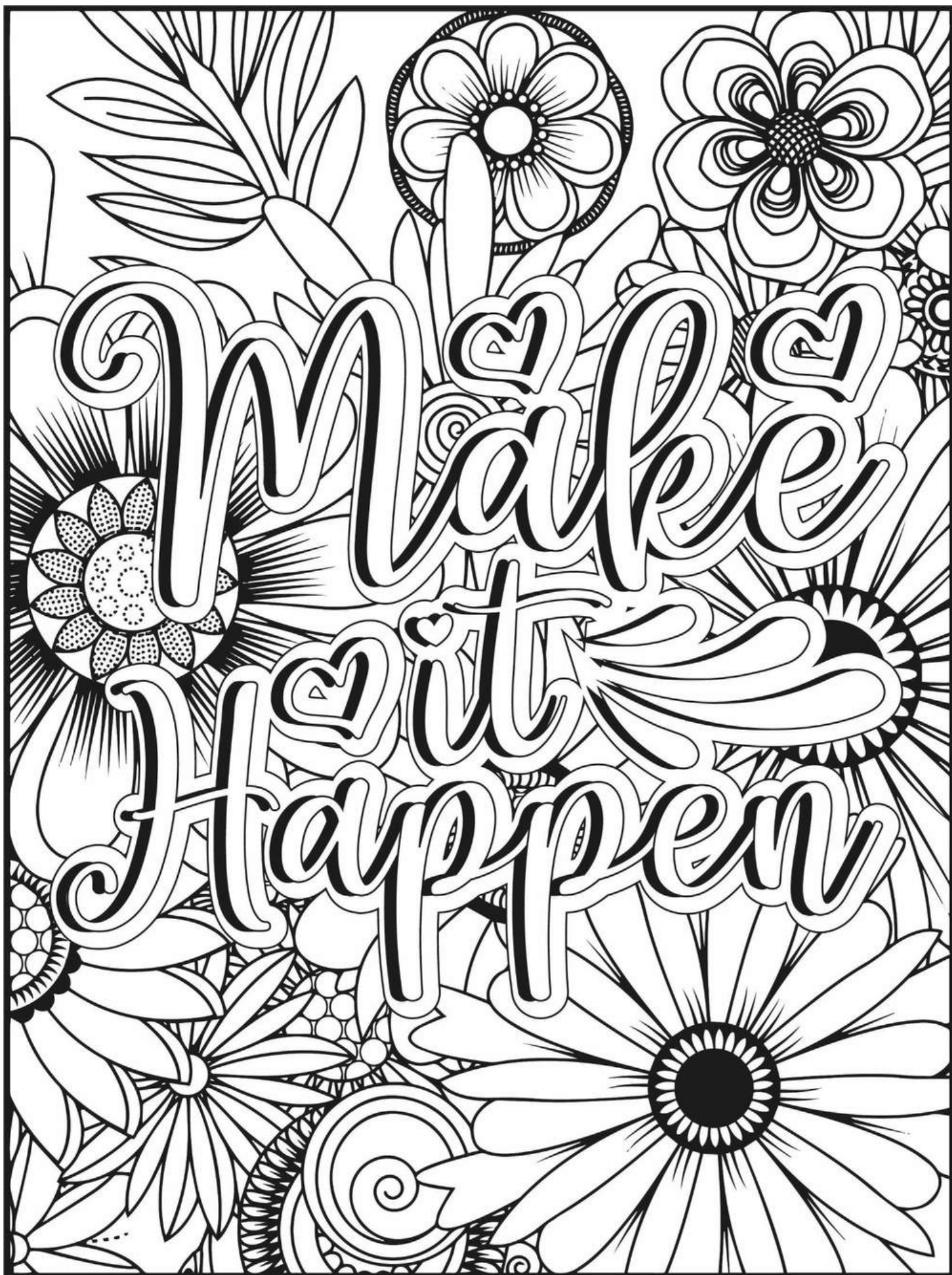








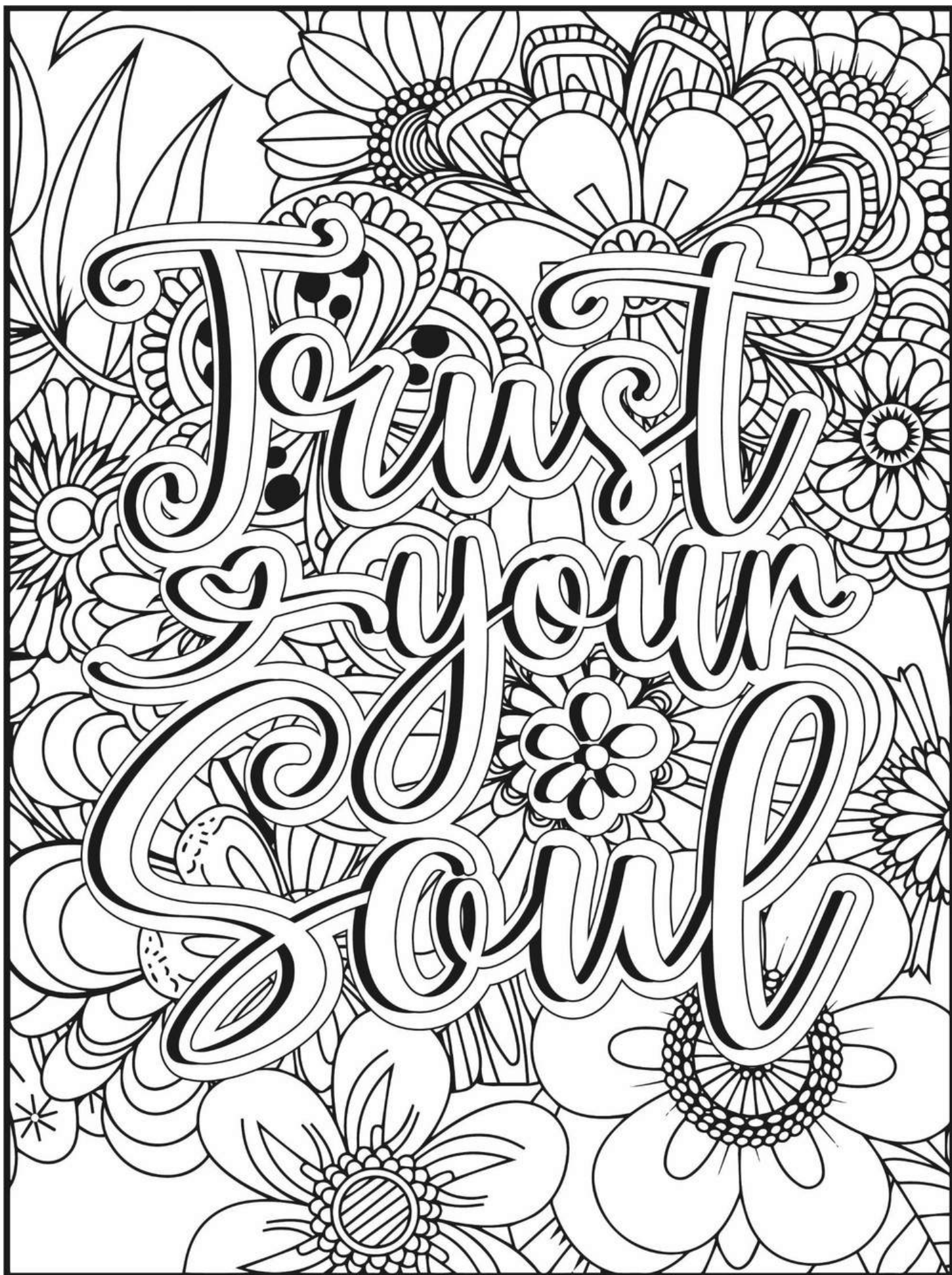


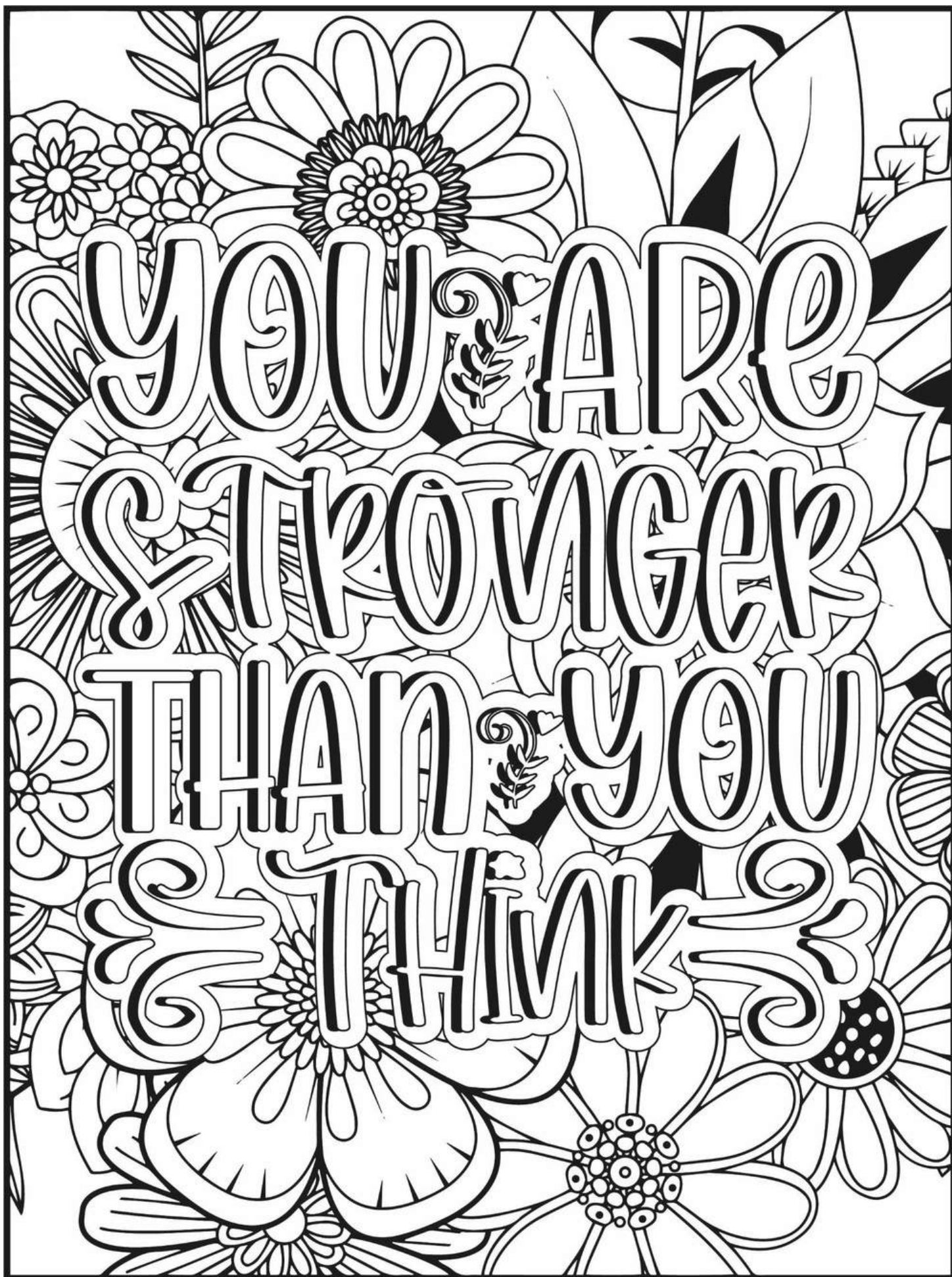




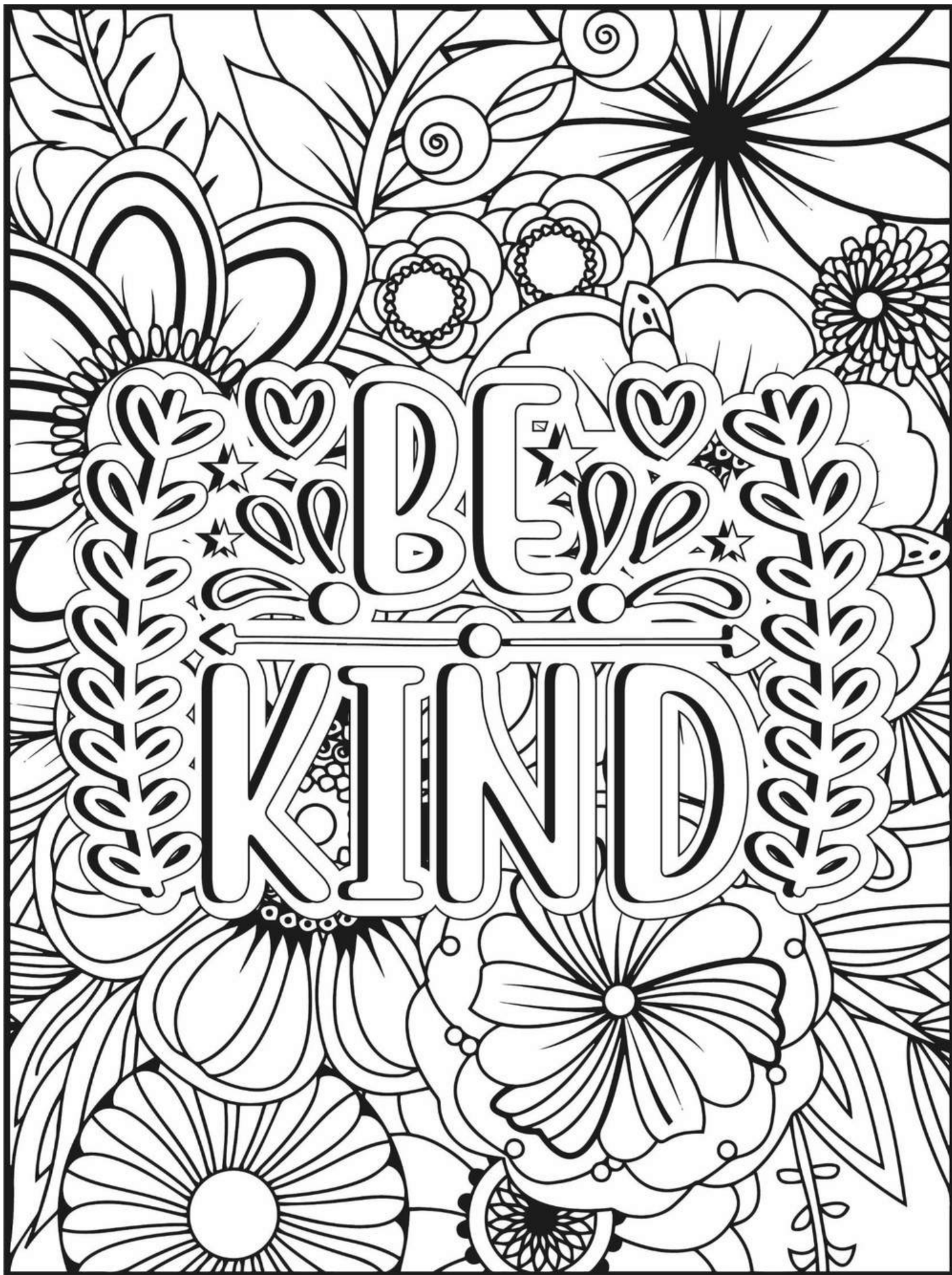


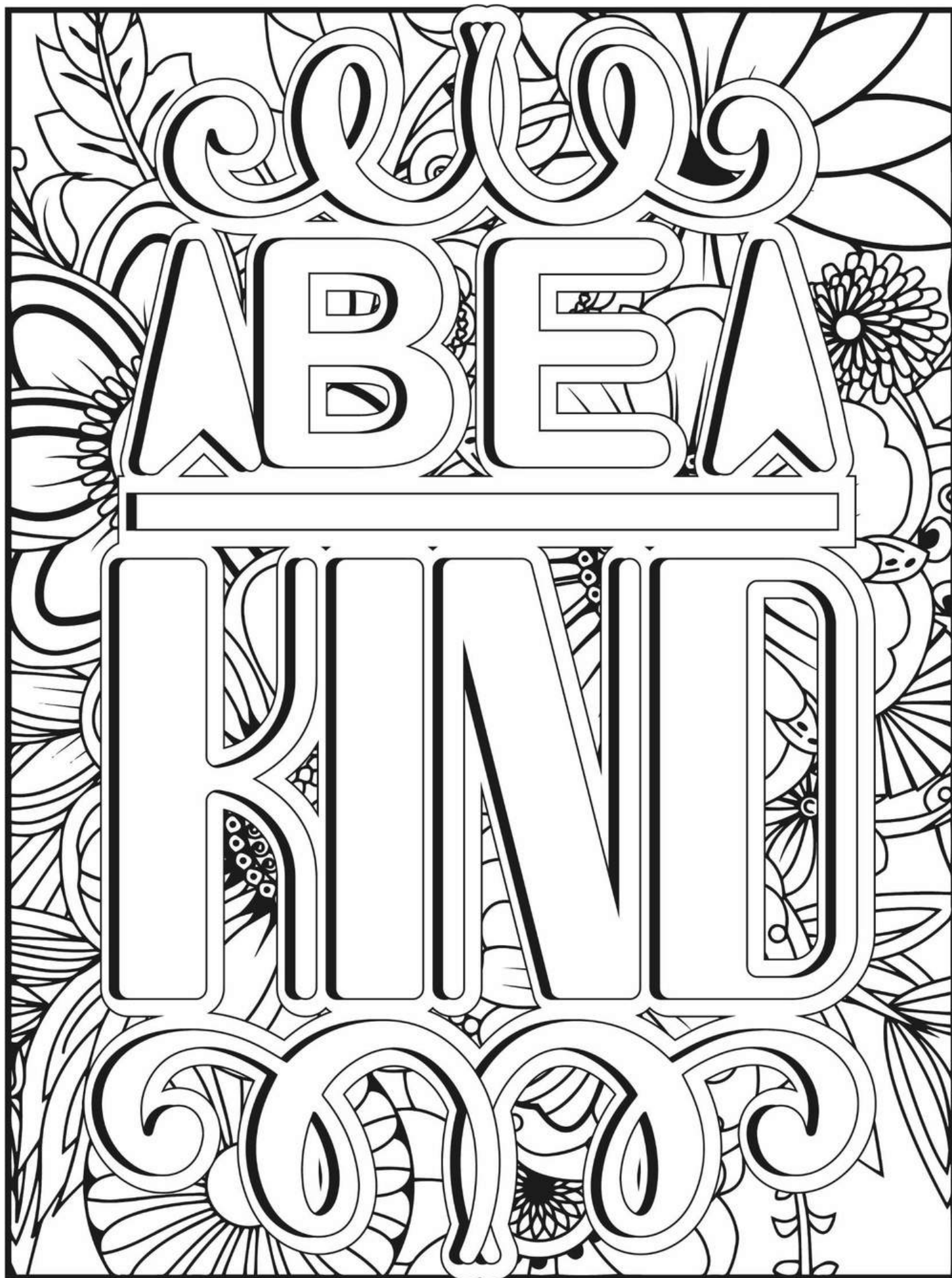


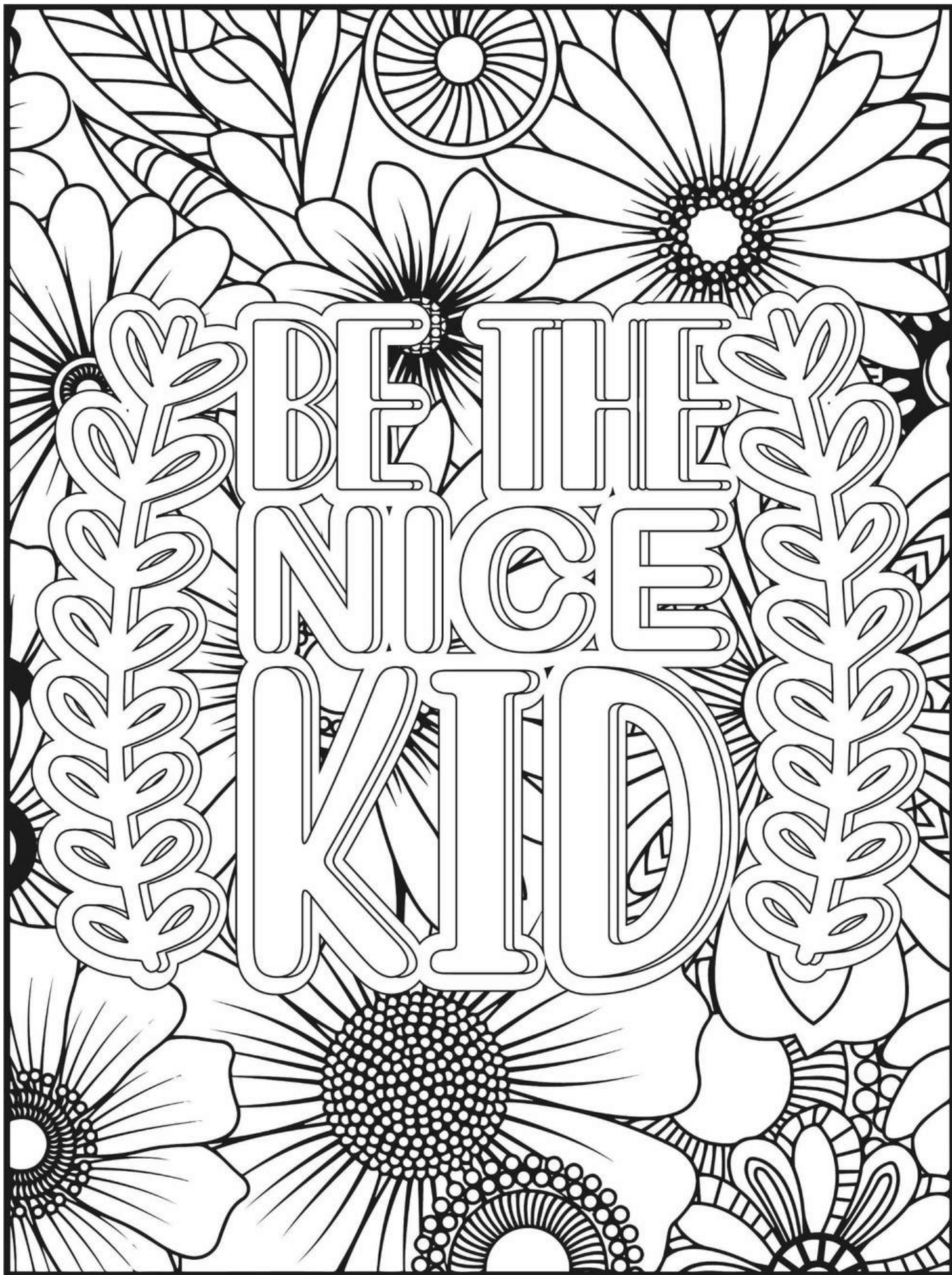


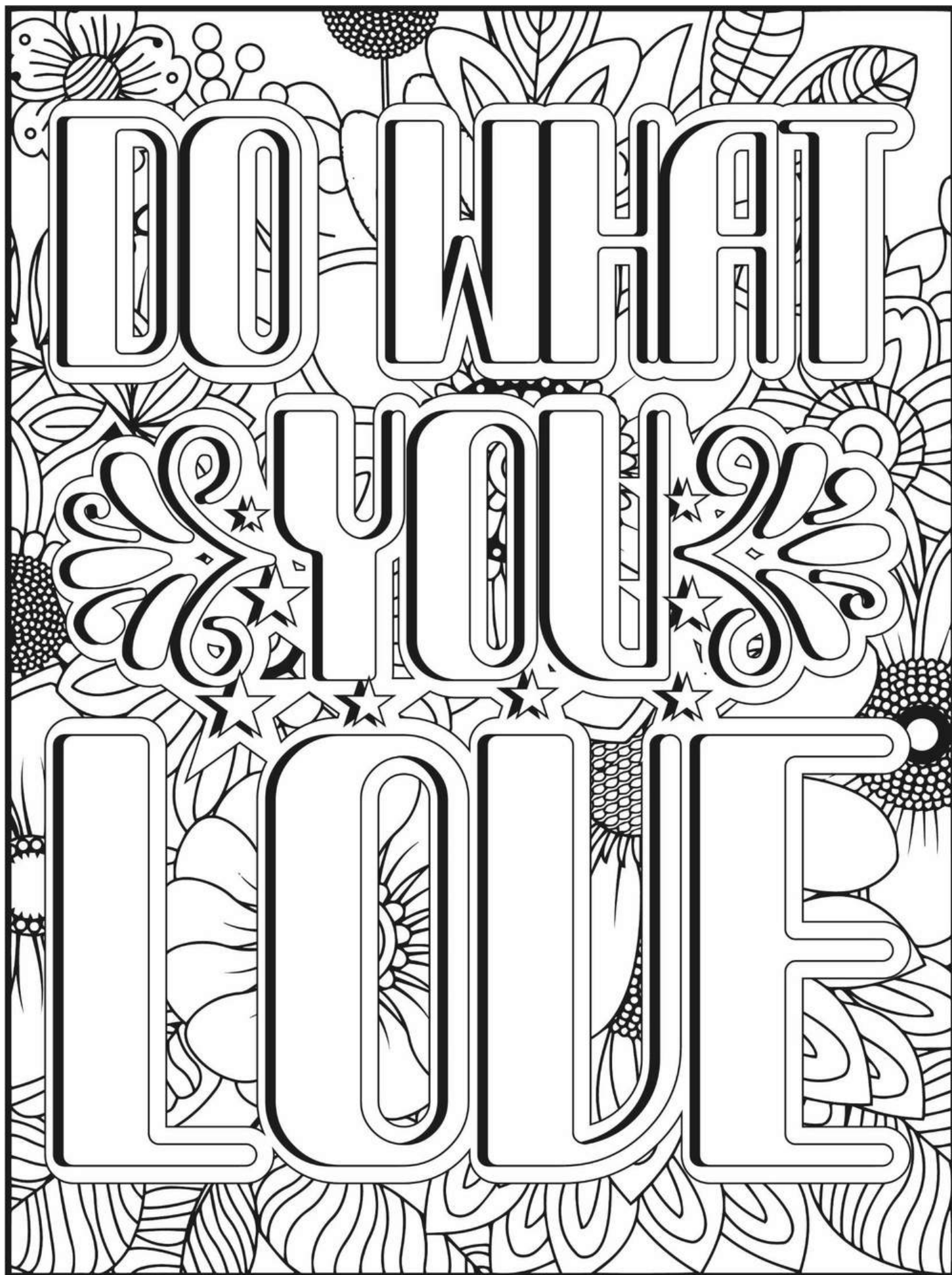




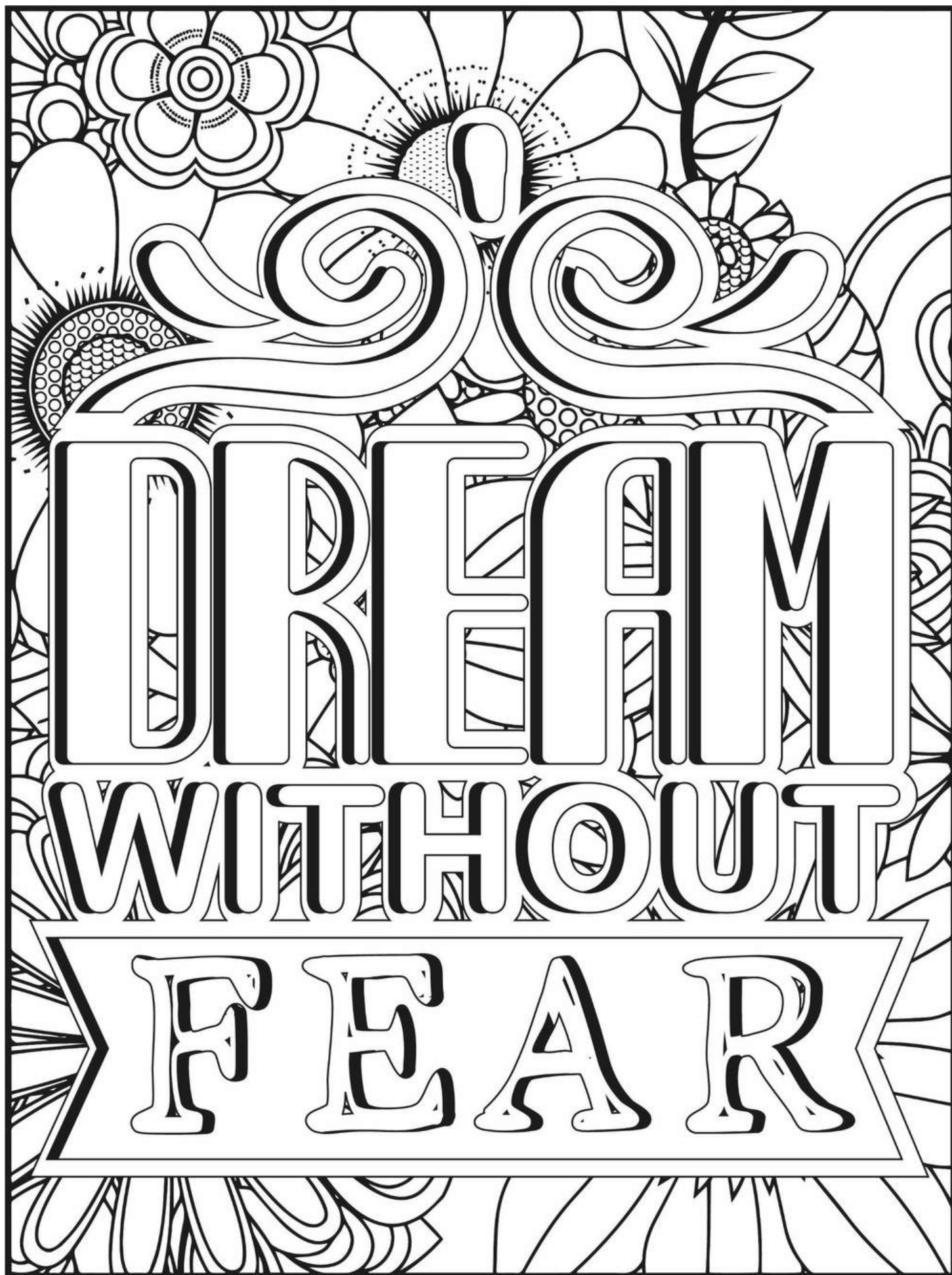












About This Resource

50 Mindful Affirmations – Adult Colouring Pages is a free printable tool designed to promote calm, self-awareness, and positive thinking through gentle affirmations and mindful colouring.

Each page features a carefully chosen affirmation focused on inner peace, confidence, gratitude, and present-moment awareness. These pages can be coloured in as a calming activity, helping individuals slow down, reflect, and feel more centred.

Who It Is For

This resource is suitable for:

- Adults and teenagers seeking simple self-care tools
- Individuals managing stress, anxiety, or low mood
- Support workers, therapists, social workers, and teachers
- Wellbeing sessions, group work, or individual use

How It Can Be Used

- As part of relaxation routines or mental health check-ins
- In counselling or wellbeing groups
- During quiet time at home or in educational settings
- As a conversation starter around thoughts and feelings

Free to Use

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