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Thanks for choosing  
Dawn's Coloring Pages  
for your creative enjoyment  
which feature  
geometrics, stars, hearts and flowers  
for your coloring pleasure!

In addition,  
she also provides  
prompts for your journaling reflection.

Dawn has provided  
the enclosed hand drawn images:

**Appreciate Yourself For Who You Are**

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**Be a JOY Finder**

\*

**Recognize Your Value**

\*

**Nurture Your Soul**

\*

**I Give My Self Permission to Create**

\*

**I Am Personally Empowered**

\*

**May Joy Find You in the Most Unexpected Places**

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**I am so excited that you have chosen my Coloring Pages to  
enhance Your Creative Practice!**

Note: I wanted to recommend the types of paper you may choose to download your coloring page. If you're using colored pencils or crayons, copy paper will work just fine. If you want to use pens, markers and other implements with bleed through, I recommend Card Stock paper. If you would like to use watercolor or acrylic paints, I highly recommend using watercolor paper for your print out. Remember, you can print the design (hand drawn by me!) more than once for personal use.

## **Appreciate Yourself For Who You Are**

Appreciation for Self to me is an absolute essential. I need to look at my physical form, my emotional makeup, my talents, gifts and quirks, and just give myself LOVE from the get-go! In order to appreciate positive affirmation from others, I need to first get myself aligned with appreciating myself as I am right now!

I encourage you to do the same, looking past what you may perceive as “flaws,” and see Who You Truly Are right now. Really capture that essence of appreciation and be mindful of initiating that healthful mindset that makes your soul happy.

Below you will find Prompts to help you initiate more Self Appreciation as well as the coloring page below the prompts.

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## **Appreciate Yourself For Who You Are Journaling Prompt:**

How are you appreciating yourself right now?

What area of your life do you struggle most concerning self appreciation?

Write a letter to that struggle and tell it how you feel and show compassion to that part and tell it how you want to be more aligned with it in the future.

Make a list of ways you can appreciate yourself and then choose one and implement it!

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### **Art Journaling Prompt:**

Use APPRECIATION as your prompt and highlight the part of you that you want to make shine right now, perhaps a part that doesn't usually get attention. Record creatively how you will make that happen. Use colors that honor that part of you that resonates most deeply.

Hint: You are welcome to print the coloring page design and cut out parts of it that feel good to you to use in your art journal spread collage style.

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### **Doodle Prompt:**

Create a doodle that says "I Appreciate Myself because" and then list the reasons, using fun fonts and vibrant colors!

Hint: Use some of the geometrics used in the coloring page design and use them in your doodle, creating a brand new vibe with your own twist!

↓ ↓ ↓  
appreciate  
Your  
→ Self  
for  
↓  
Who You  
Are!

## **Be a JOY Finder**

Being a JOY Finder for me is an intuitive and yet directive type of pursuit, one I must choose daily. Although JOY does find me in the most unexpected places, I also want to make JOY a focal point. It raises my vibration and keeps me in a mindset of abundance, peace and good energy.

That's one of the reasons I chose this BE A JOY FINDER message for my Coloring Pages.

I want to encourage you to find JOY as much as possible. Make it a daily goal. See where it takes you.

Below you will find prompts to give you deeper insight into your JOY finding journey in addition to the coloring page you will find below the prompts.

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### **Be a JOY Finder Journaling Prompt:**

What is bringing you JOY right now?

What do you think might bring you JOY that you have yet to try?

As an end of day gratitude list, write at least three things that brought you joy today.

### **Art Journaling Prompt:**

Using JOY or BE A JOY FINDER as your prompt, create a spread that pays homage to something that brought you JOY that really surprised you.

You can print out images from your camera and collage them into your spread.

Have fun with JOYful color using markers, paints, pastels, etc. to really make your spread come alive!

Hint: You are welcome to print the image of the coloring page and then cut out the different elements/geometrics and use them collage style in your art journal spread.

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### **Doodle Prompt:**

Create your own doodle featuring the word JOY or BE A JOY FINDER using circles, triangles and stars or whatever comes to your pen.

Hint: You can use the coloring page provided and riff on the geometrics, adding your own designs and fun doodles to the page. See how you can fill the whole page with your own marks!



## **Recognize Your Value**

When You Recognize Your Value, you are essentially seeing Who You Really Are.

Rather than using comparison to others as a prerequisite for How You See Yourself, you're starting from within, from the core of your Being.

When I recognize my value, I appreciate my gifts and talents and what make me ME!

Value is not necessarily by the world's standards of beauty or monetary wealth.

It is really a gauge of your Authenticity, of being Aligned and Confident, knowing that what YOU ARE ENOUGH just as you are right now.

So the next time you look in the mirror, Recognize Your True Value and CELEBRATE!

No Doubts, No Second Guessing.

Just Pure Love for Self.

Then pure love for others will exude from YOU!

Below you will find prompts for deeper reflection on Recognizing Your Value as well as a coloring page below the prompts.

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### **Recognize Your Value Journaling Prompt:**

Make a list of all the ways that you are Recognizing Your Value right now. Be really sweet on yourself and don't be shy about what you really love about yourself!

Talk as if you're gushing over your favorite celebrity since that's the kind of positive adoring energy you should bring to Who You Are!

Now write a list of things that you often say to yourself that are less than sweet, ways that are more self critical, more judgmental, more negative.

Now look in comparison to these two exercises and recognize how you can change your self talk to a more Value-based view, both in your thoughts, your words and your actions—Toward Yourself!

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### **Art Journal Prompt:**

On a page or in a spread in your art journal, HONOR a part of yourself that you don't normally see as VALUED. It's time to give this part of yourself its due.

Use colors and fonts that truly express self love to the highest degree.

Hint: You are welcome to print the coloring page design and cut out parts of it that feel good to you to use in your art journal spread collage style.

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### **Doodle Prompt:**

Use your favorite doodle pen, marker or crayon and draw a mirror and then write in a fun dimensional way your favorite part of yourself. You may want to draw a fun self portrait cartoon style, really showcasing what you love.

Hint: You can replicate some of the geometric design found in the coloring page and use them in your doodle to fancy things up!



## **Nurture Your Soul**

When you are a nurtured being, you feel protected,  
loved, cared for, comforted.

Nurture is a place of gentleness, kindness and forgiveness  
toward yourself.

I love to nurture myself with color, time to create,  
listening to what inspires me, and connecting with Spirit.

When you are nurtured, you are starting with a good  
foundation for creativity and satisfaction in your daily  
life.

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## **Nurture Your Soul Journaling Prompt:**

Make a list of ways that you nurture yourself right now.  
What resonating essence does each item have?  
How and why does it work for you?

Now make a list of three ways you want to nurture  
yourself but haven't.

What essence do you believe those ways would have for  
you? How are they similar or different from the ones  
you already enjoy?

## **Nurture Your Soul**

### **Art Journal Prompt:**

Use a page or create a spread showing your favorite way to nurture yourself and the feelings and benefits derived from this activity. You may want to include images of engaging in the activity.

Hint: Using fun fonts, write these descriptions inside geometric shapes you replicate from the coloring page design provided.

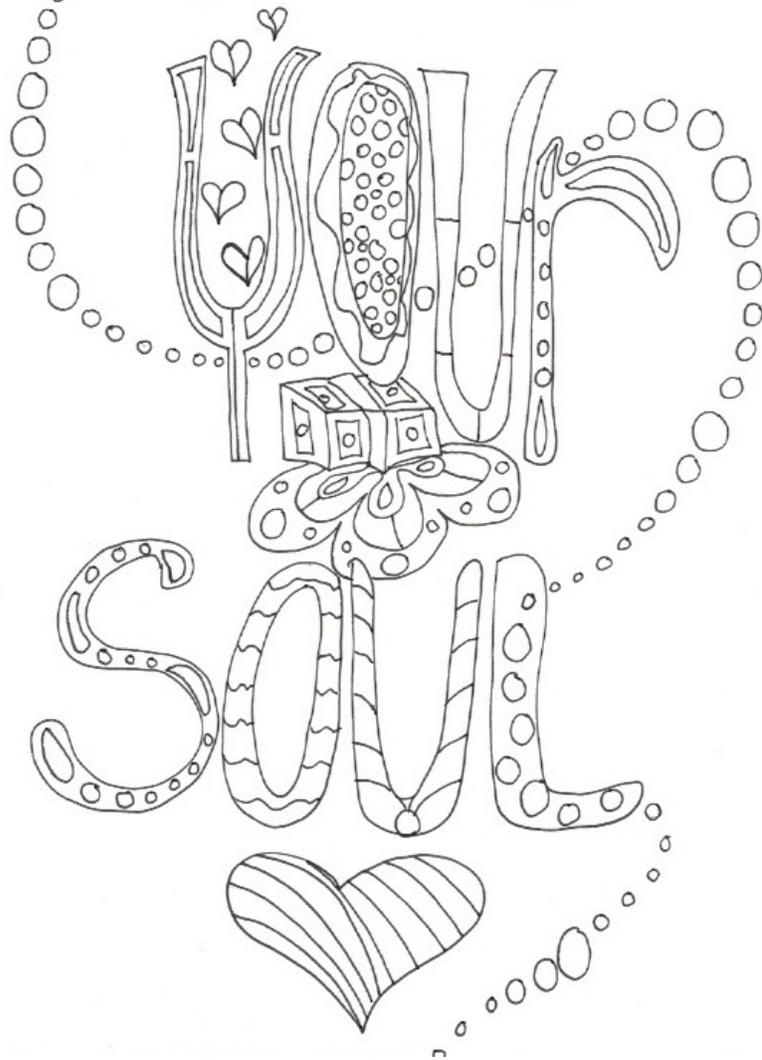
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### **Doodle Prompt:**

With a pen, marker or crayon, use the word Nurture to create a visual that captures the essence of what it means to you, using colors that resonate emotionally.

Hint: Use hearts or circles to embellish your doodle.

→ **HEARTS** ←



## **I am Personally Empowered**

Personal Empowerment can be used as an impetus toward Creative Flow, but it works both ways. When we give ourselves space to be creative, we find ourselves activating that personal power.

They complement one another.

Our Creative Voices have a place to sing, to be heard, when we put ourselves first and take time to do what we love.

When we implement positive change as a result of seeing what is missing that brings us JOY, personal empowerment is sure to follow.

When you see yourself as powerful, you are more likely to take healthy risks that can truly make a difference for you and those around you.

Let your personal power have a positive life-changing ripple effect that never stops!

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## **I am Personally Empowered**

### **Art Journal prompt:**

What art supplies make you feel powerful? When you look back on your creative path in your art journal, which page or spread really feels powerful to you?

Create a new spread that highlights these powerfully significant past experiences and be sure to use those art supplies that make you feel confident.

Hint: Use some of the design elements of the coloring page to embellish your spread to give it POW!

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### **Doodle Prompt:**

Use the word POWER as a starter for a fun yet confident visual you create to really show your creative power at its finest. Don't be shy with this one. Really give it your all!

Hint: Riff on a design element from your coloring page to really bring your doodle to life.



## **May Joy Find You in the Most Unexpected Places**

I absolutely love the idea of JOY Finding Me.  
It gives me a sense of anticipation and even Faith  
believing that it will happen.

Of course I'm still looking for it.

I believe we can gain the greatest benefit by keeping our  
hearts wide open to what the Universe wants to give us.

Are we receptive?

Do we believe we deserve to find JOY  
or for JOY to find us?

If not, let's revise our answer to...YES!

JOY is the precursor to the truest refreshment  
and we deserve to experience the deepest JOY every  
single day.

Expect the unexpected...and put on a big smile  
and simply say, Thank you!

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## **May Joy Find You in the Most Unexpected Places**

### **Journaling Prompt:**

Record a time when you experienced joy in a place  
where you least expected it. Why was it such a surprise?

How did you feel when it came upon you?

Have you returned to that same place and experienced it  
again?

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**May Joy Find You in the Most Unexpected Places  
Art Journal Prompt:**

Create a spread that shows where you would like to experience JOY. What does that look like for you?

What does that feel like for you?

Describe it using fun fonts and colors that initiate curiosity and receptivity.

You can also highlight an unexpected joy you already experienced. You might include images from this time collage style.

Hint: Use elements in the coloring page design and cut them out and use them with your images and fun fonts in your spread and make it your own.

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**Doodle Prompt:**

Using an unexpected tool, create a doodle using unexpected lines, marks and a new style of writing to form letters emphasizing JOY.

Hint: Reproduce a few coloring page elements or one that really feels good for you right now and use it in your doodle. Then riff on it and see where it unexpectedly takes you!

MAY

JOY  
FIND YOU

In the most  
UNEXPECTED  
PLACES

# MAY JOY FIND YOU IN THE MOST UNEXPECTED PLACES!

Be refreshed,  
Dawn Herring  
Creative Visionary  
Joy Finder  
Founder of  
Refresh with Dawn Herring:  
Where Finding JOY Takes Center Stage

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