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Thanks for choosing
Dawn's Coloring Pages
for your creative enjoyment!

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

Dawn has provided
the enclosed hand drawn image:
May JOY Find YOU in the Most Unexpected Places
featuring
geometrics, stars, and flowers
for your coloring pleasure.

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

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 .

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!

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?

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.

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
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In the most
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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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