

A Little Something To Know...

Grown-up coloring sheets are a great source of quiet relaxation and creativity. This coloring sheet also includes words to remind you of the ideas that bring you solid and joyful feelings of well-being.

A Little Something To Journal About...

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What words give you a sense of calm balance with a solid place to stand? What words feel safe? What words feel genuine to you? These are the words that add to and influence your sense of well-being. Journal about what those words are for you, and then surround yourself with them as often as you can.

