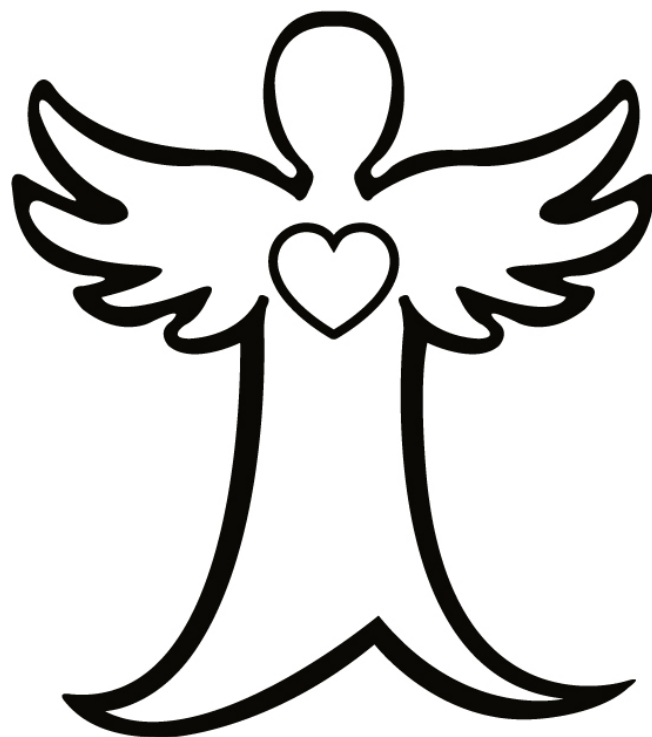
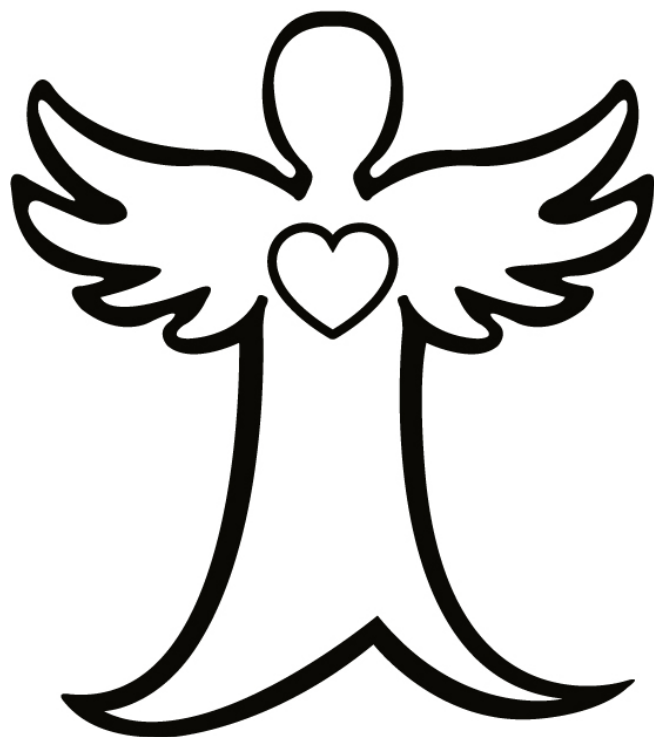




My Bad Side

My Good Side



When embracing my imperfections I have a strength and personal power that's uniquely my own and I embrace and accept all parts of myself.

In this coloring exercise you will not only bring out a box of crayons or markers, you will also bring out your inner child. Have fun sketching out what your bad side and good side look like in whatever way feels right to you. There is no right way or wrong way to do this exercise and you will probably learn some great things about yourself in the process. Once you feel complete with the bottom two angels see what you learn by merging the two into your best self ever!

What are the things that your bad side has to say to you that are not very healthy? How can you transform these things into a softer loving voice?

If you were able to speak to your 4-year-old self what would you say to them?

What are the wonderful qualities you have going for yourself?

What words do the people who support you most use to describe you?

How can you incorporate a more loving kind gentler self to Love Who You Are?

How many things do you tell yourself that you don't believe about yourself but have received through your upbringing or other people's issues?

How can you take your power back and change these beliefs one baby step at a time?
