

I AM DIVINE

A COLORING BOOK OF REMINDERS

ELIZABETH CROOKS

I Am Divine

A Coloring Book of Reminders

Elizabeth Crooks

For everyone who forgot that they are Divine

You are meant to Be here
You are here to *Shine* that bright light of yours
Radiate your Beauty
Show your Soul

I am Divine: A Coloring Book of Reminders
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Cover Art by Elizabeth Crooks
Interior Art by Elizabeth Crooks

For more information please visit:
www.elizabeth-crooks.com

INTRODUCTION

Words have power. Words form our perceptions and create our realities. When you change the words you use, your life changes as well. Words are important, and when used purposefully, they convey messages to instill constructive mindsets. Now is the time to move beyond believing that you are not worthy enough, not lovable enough, not beautiful enough, and overall not enough. You are Divine. You are here on this planet for a reason, and that reason is to shine your unique light as bright as can be. Be you to the fullest and know you are loved for exactly who you are.

It takes 10 to 30 days to wire in a new habit. If you don't already believe that you are worthy and loveable in all aspects of your life, start with these simple phrases and repeat them every day for at least 10 days, and ideally for 30 days. You have 10 days. You have 30 days. Commit to changing your own thoughts by simply reminding yourself that you are enough. The human mind believes what it sees, what it hears, and what it experiences most often. Make feeling more than enough familiar by training yourself to believe it. Post your colored reminders around your home. Surround yourself with positive images and positive words and remind yourself each and every day, at least three times a day, until you no longer need a reminder.

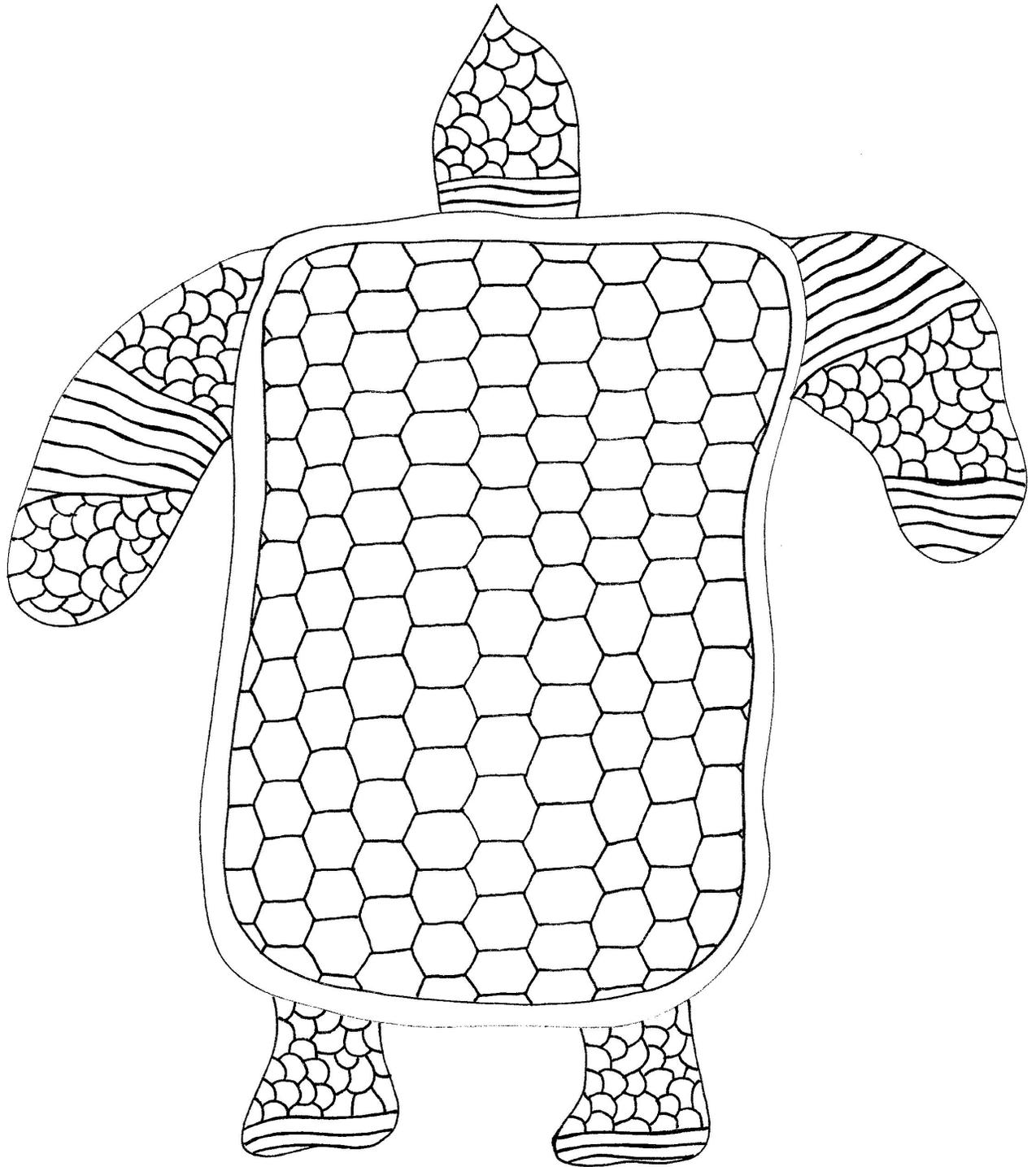
Use this coloring book as just another tool on your journey of self-discovery. Use these affirmations of being worthy to elevate your self-worth until you know, wholeheartedly, that you are worthy of the best in life. You are Divine in form. Choose to color and post the reminders that you resonate with, or are drawn to, first. Often these are the ones we need the most in our lives right now.

We are all worthy of what life has to offer. We are all here to experience our dream lives to the fullest, and when we start to remember this our lives improve on many levels. Change the words you use to describe yourself for the better. Use coloring to your advantage by committing to forming a new, uplifting habit while having fun, getting creative, and relaxing to your one of your favorite pastimes.

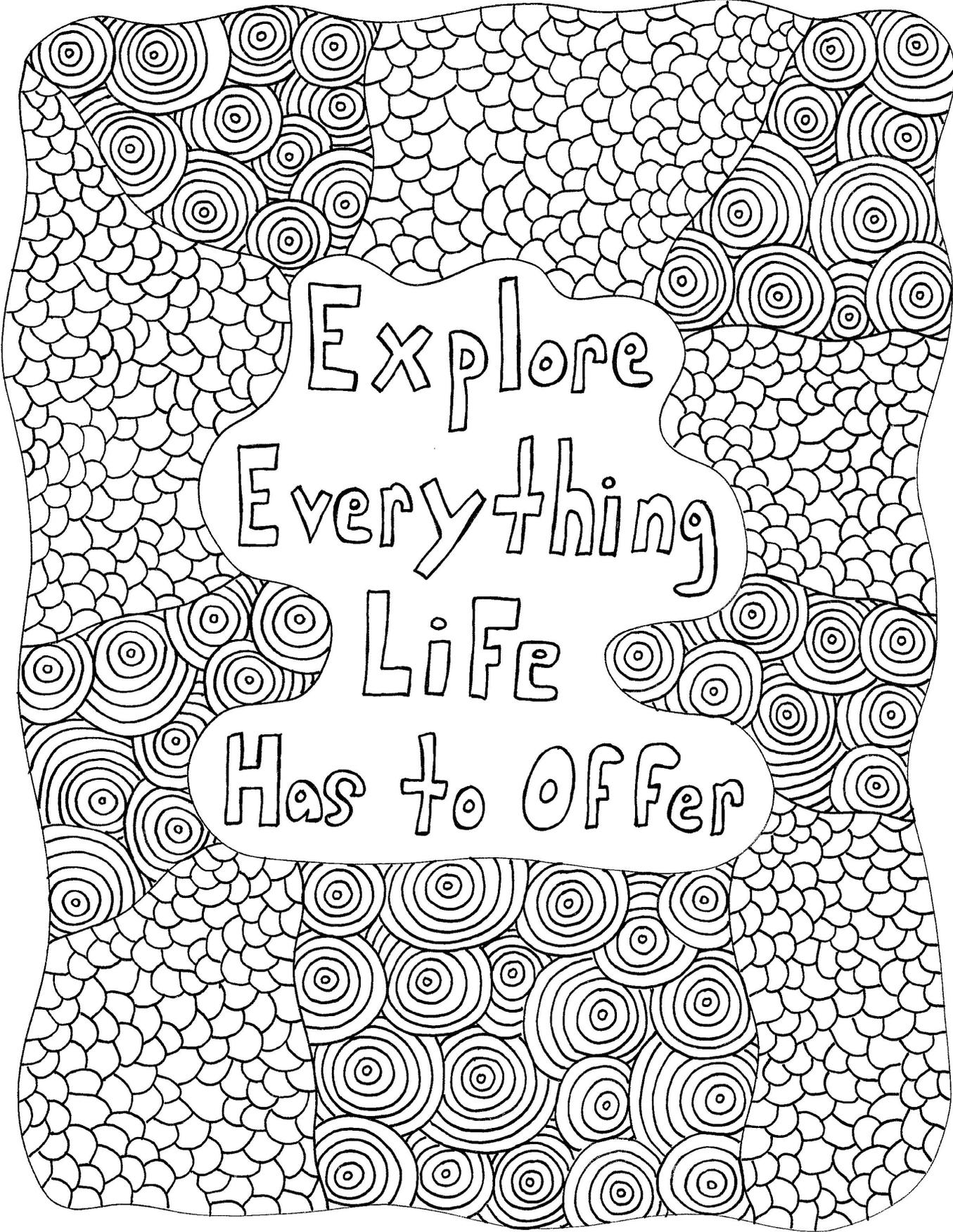
How to Use this Coloring Book

1. Color a page
2. Cut out/Tear out the page
3. Post the colored page where you will see it every day
4. Repeat the phrase in your head (three times a day*)
5. Repeat the phrase out loud (three times a day*)
6. Continue for 10-30 days until it is no longer a chore to remember that you are worthy

*Three times a day ideally means three different times a day (morning, noon, and night). You can repeat the phrases in your head and out loud more than three times a day, but it helps to have a set time in the beginning to make sure you are doing the exercise throughout a given day. I set alarms on my phone to remind myself while I was doing this exercise for a month. Find what works for you, but if you post the reminder where you will see it often, then it will naturally remind you throughout the day.



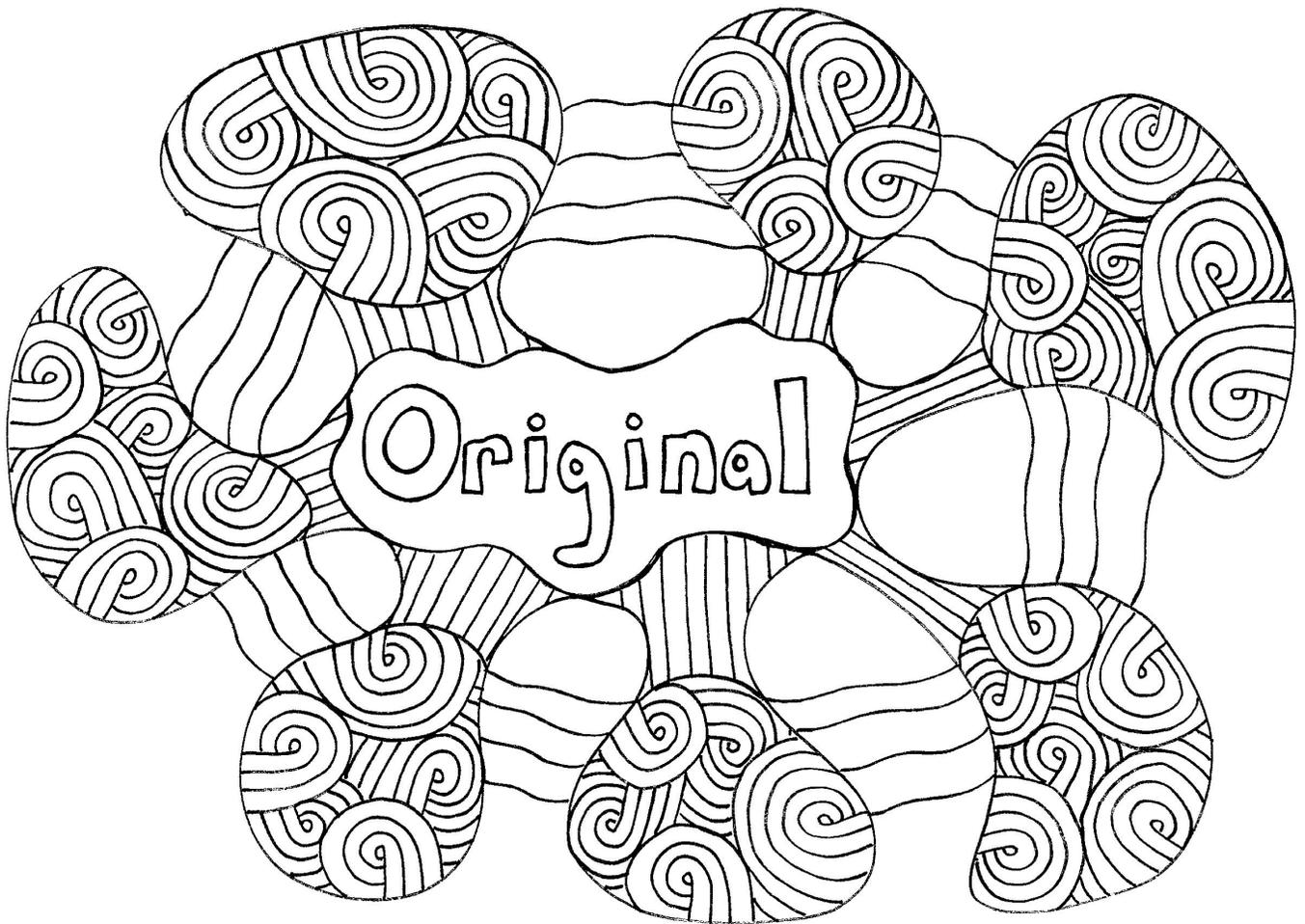
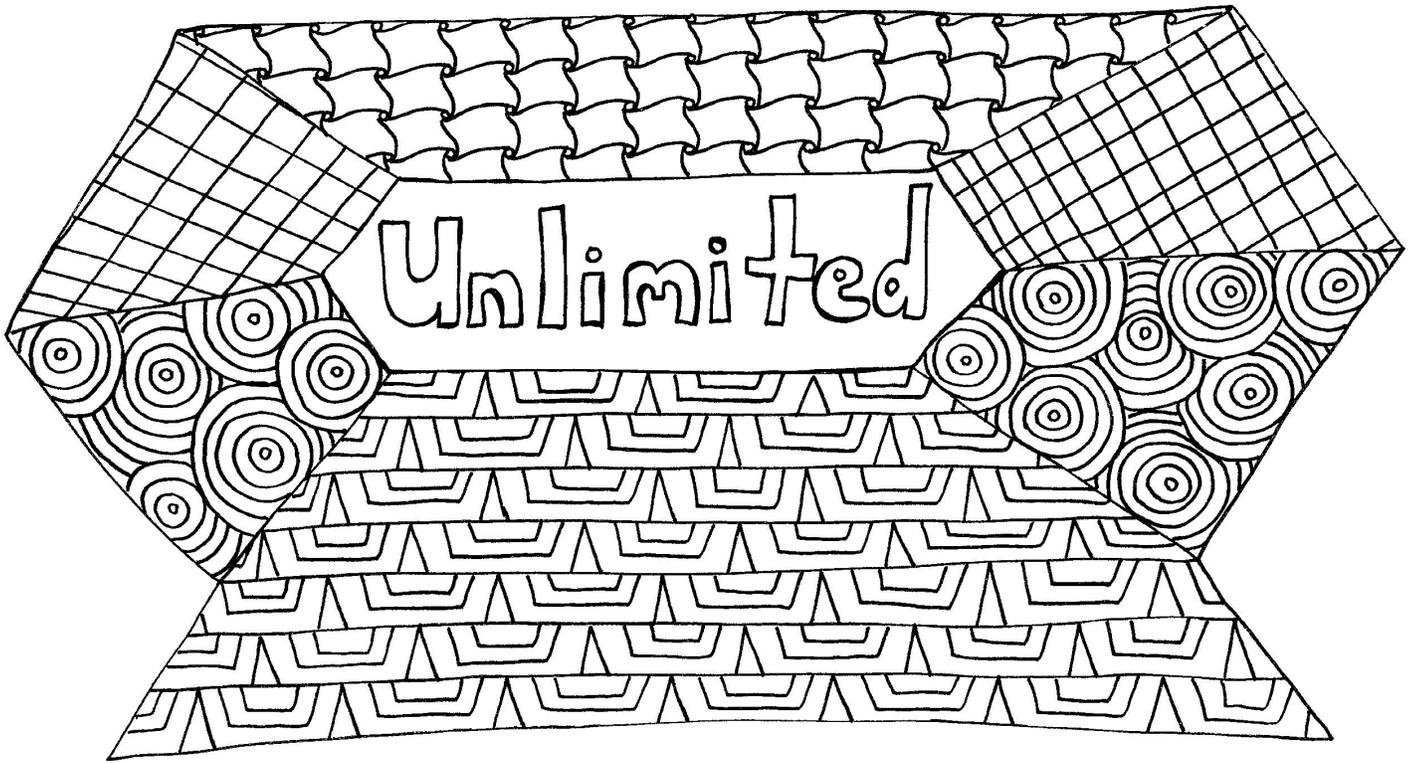
I am Divine !

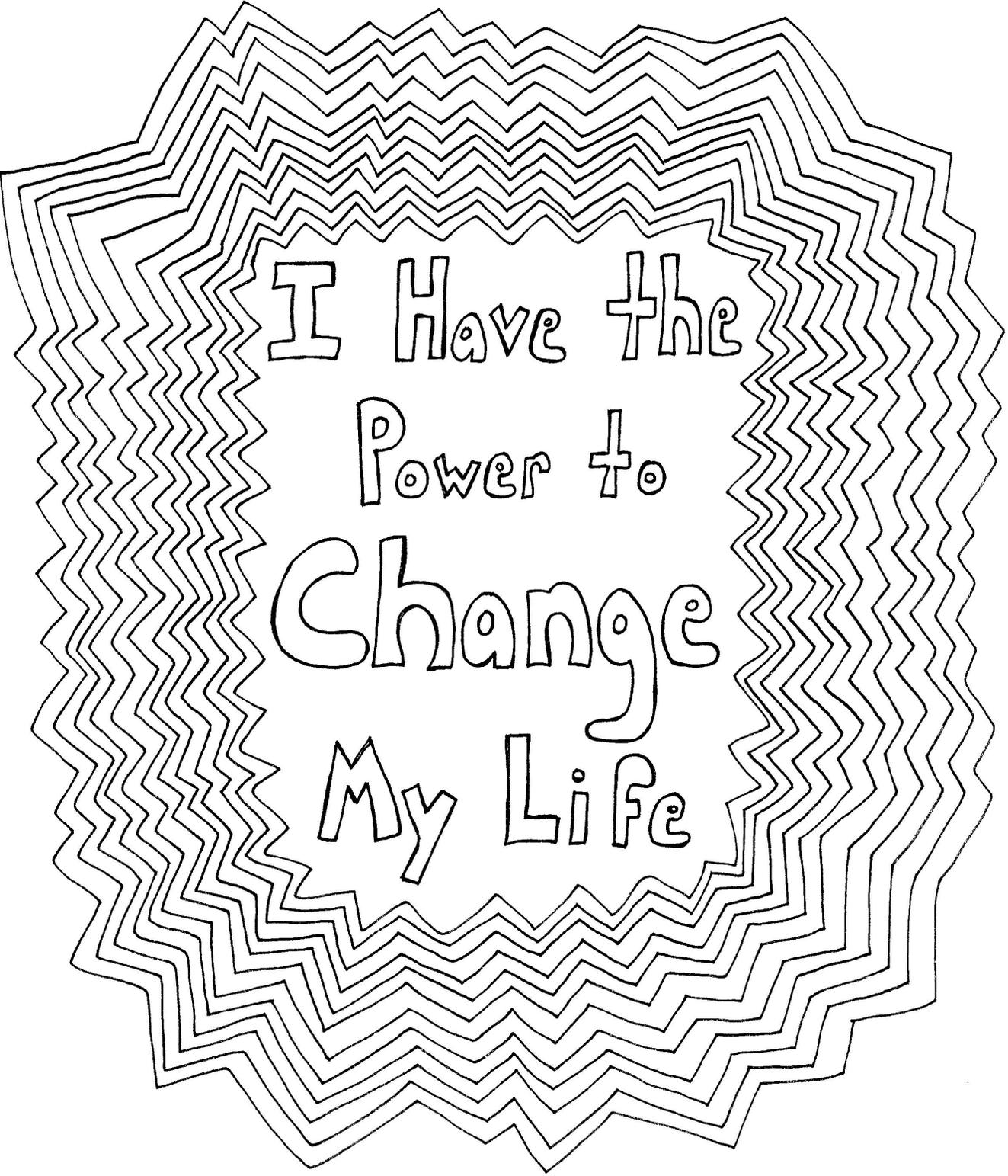


Explore
Everything
Life
Has to Offer



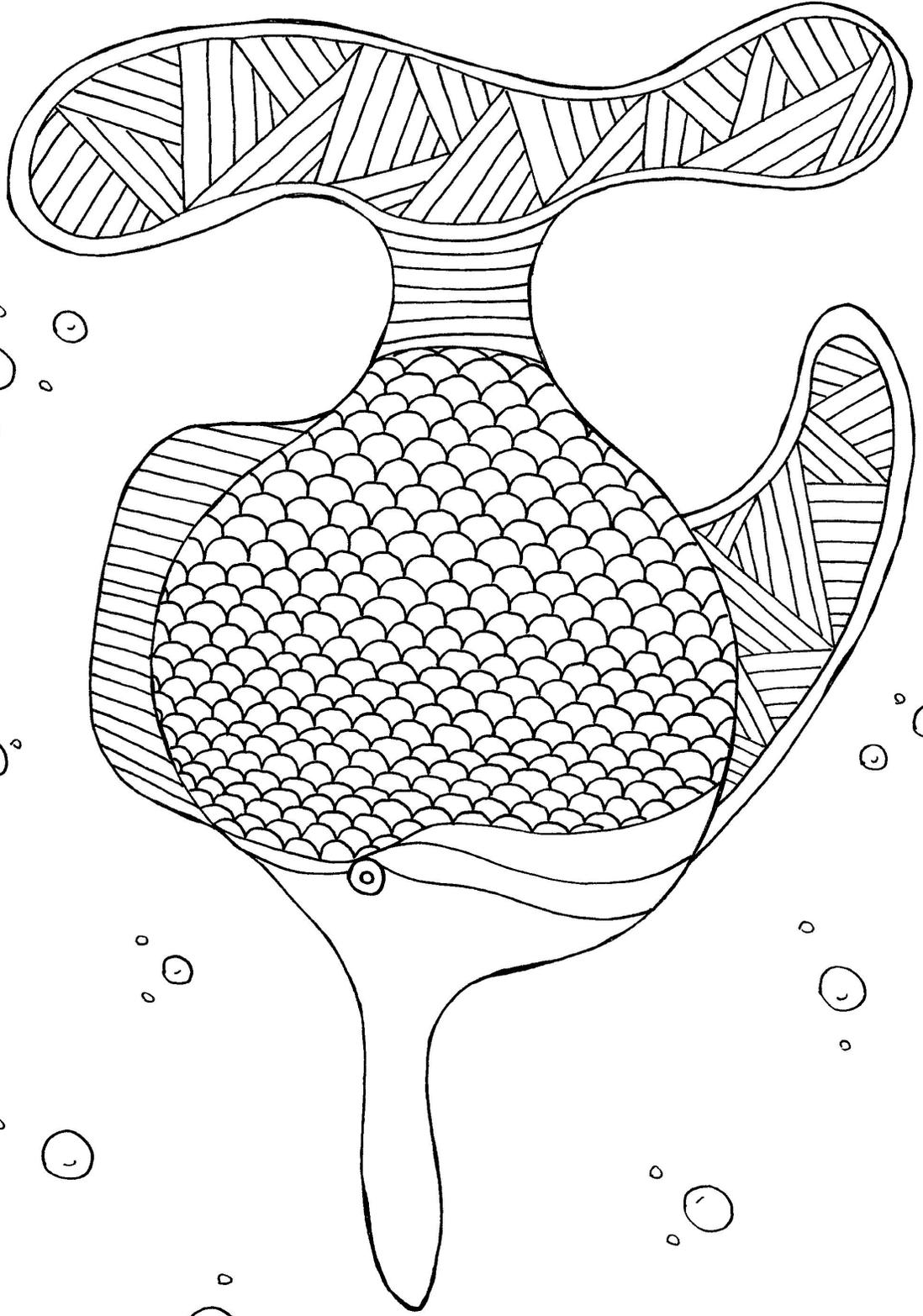
Say
Yes
to Your
DREAMS

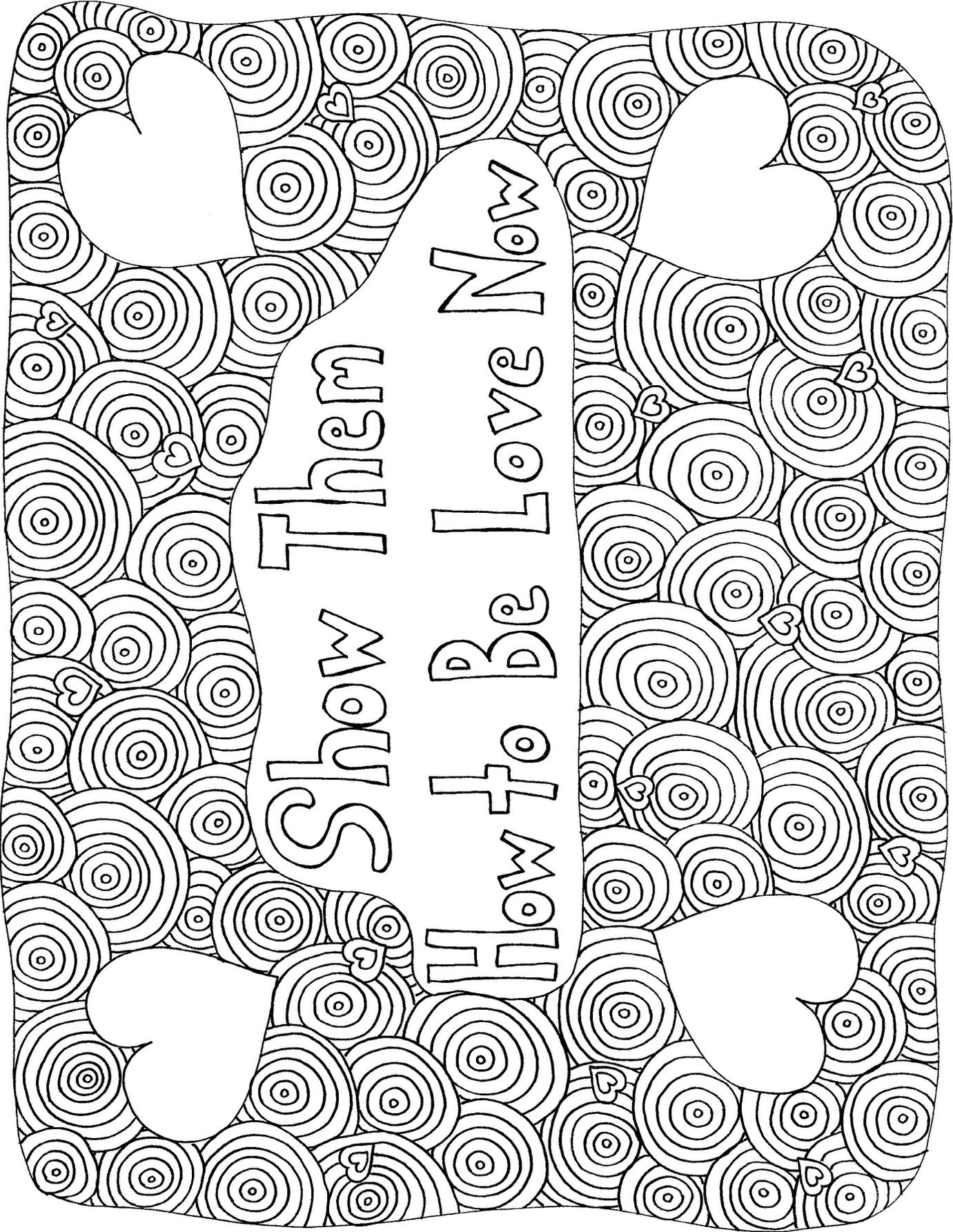




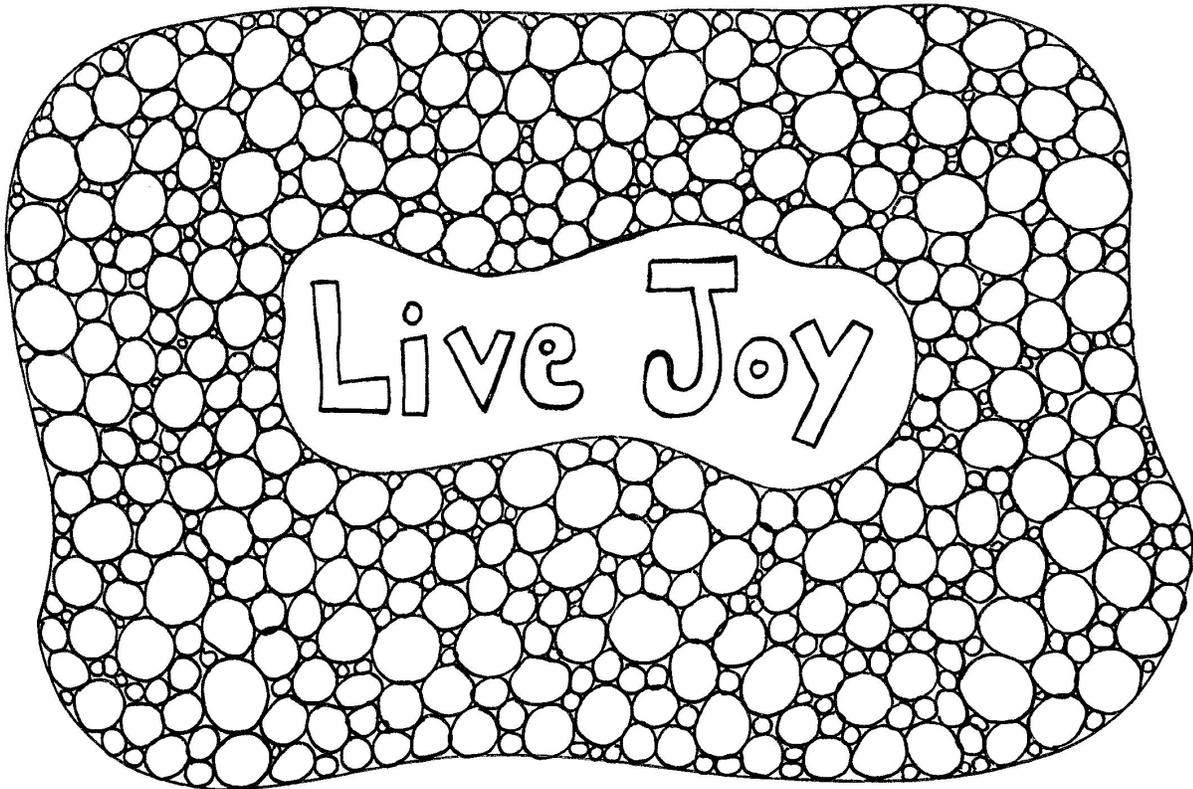
I Have the
Power to
Change
My Life

Have Faith in Yourself

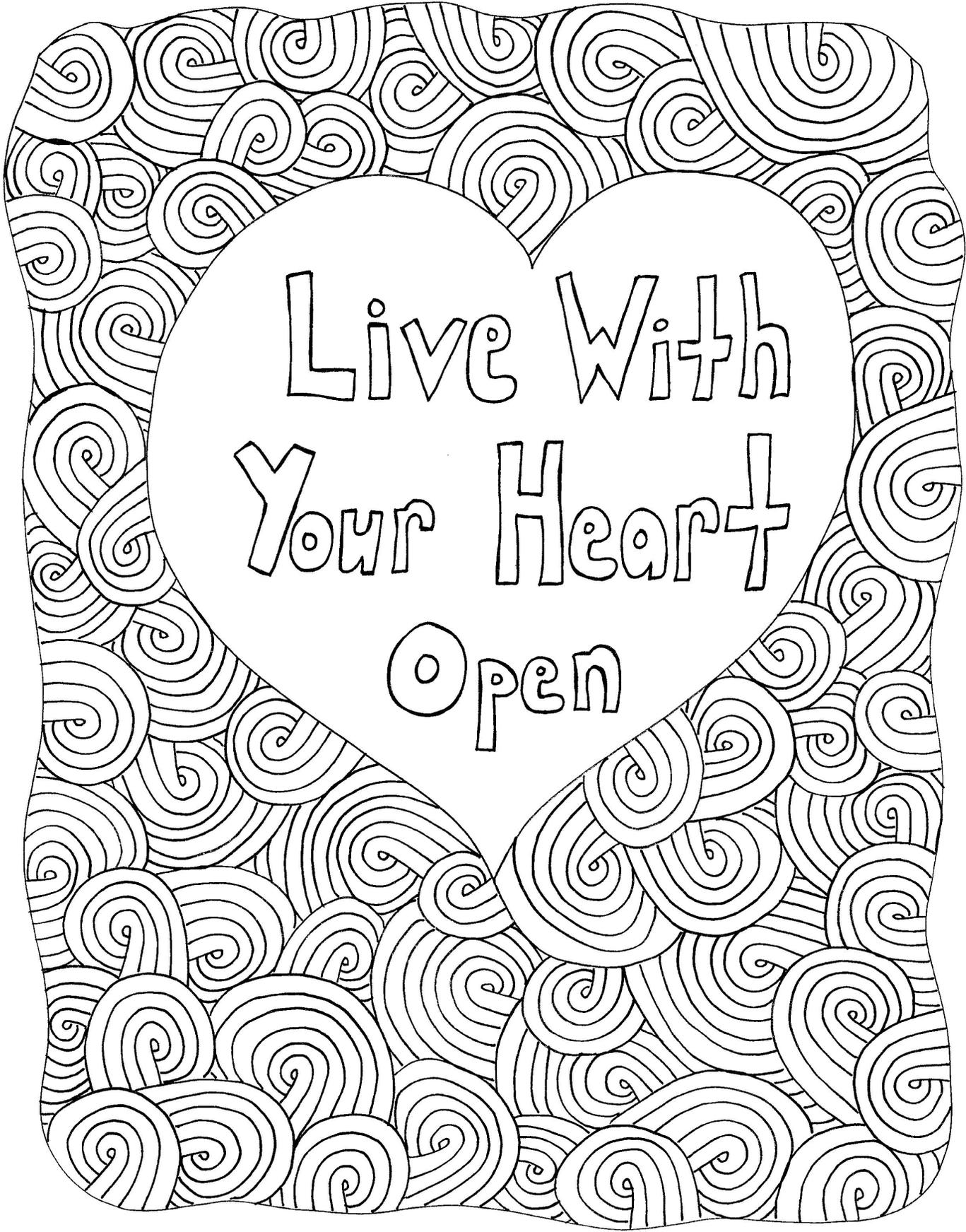




Show Them
How to Be Love Now



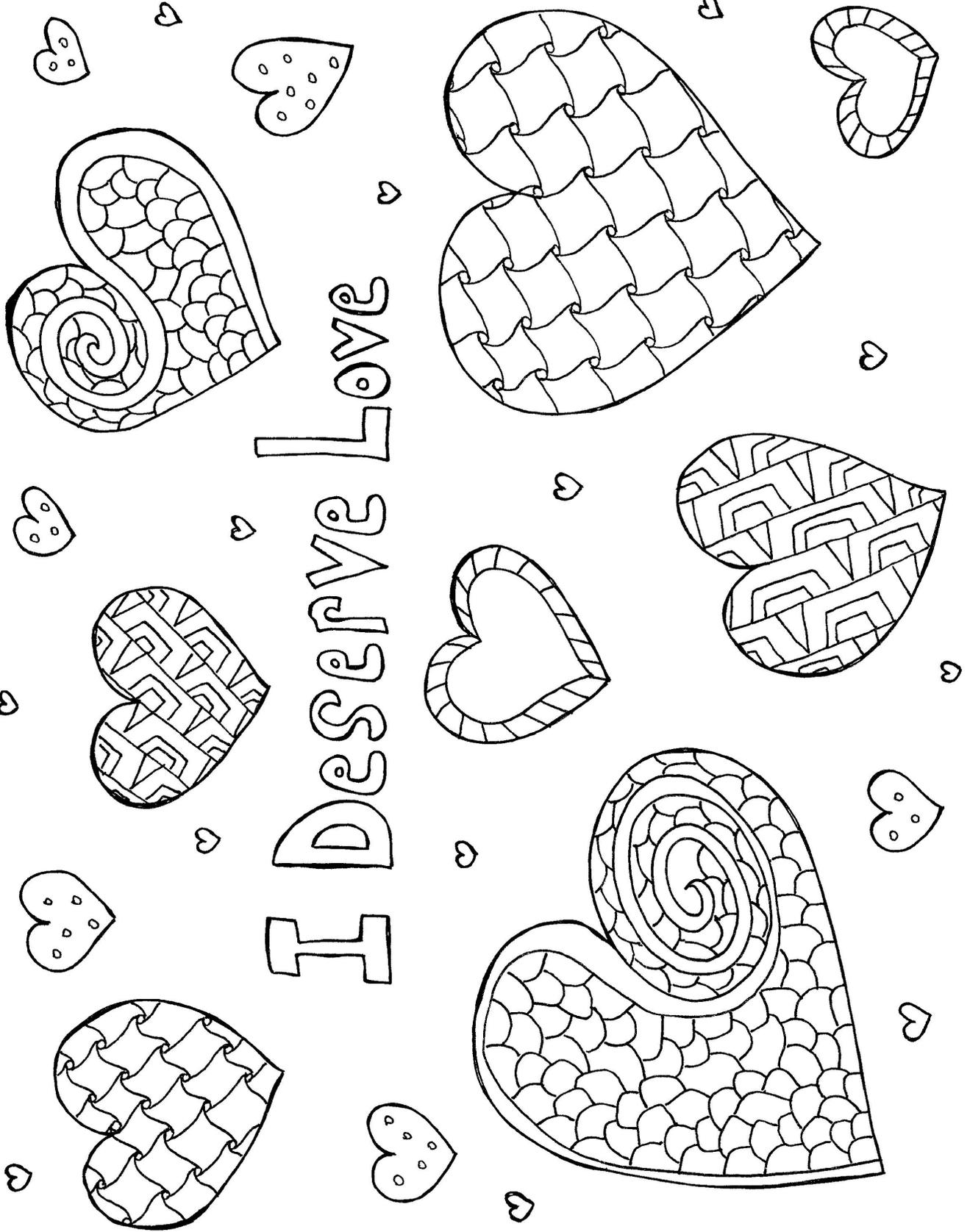
Live Hope

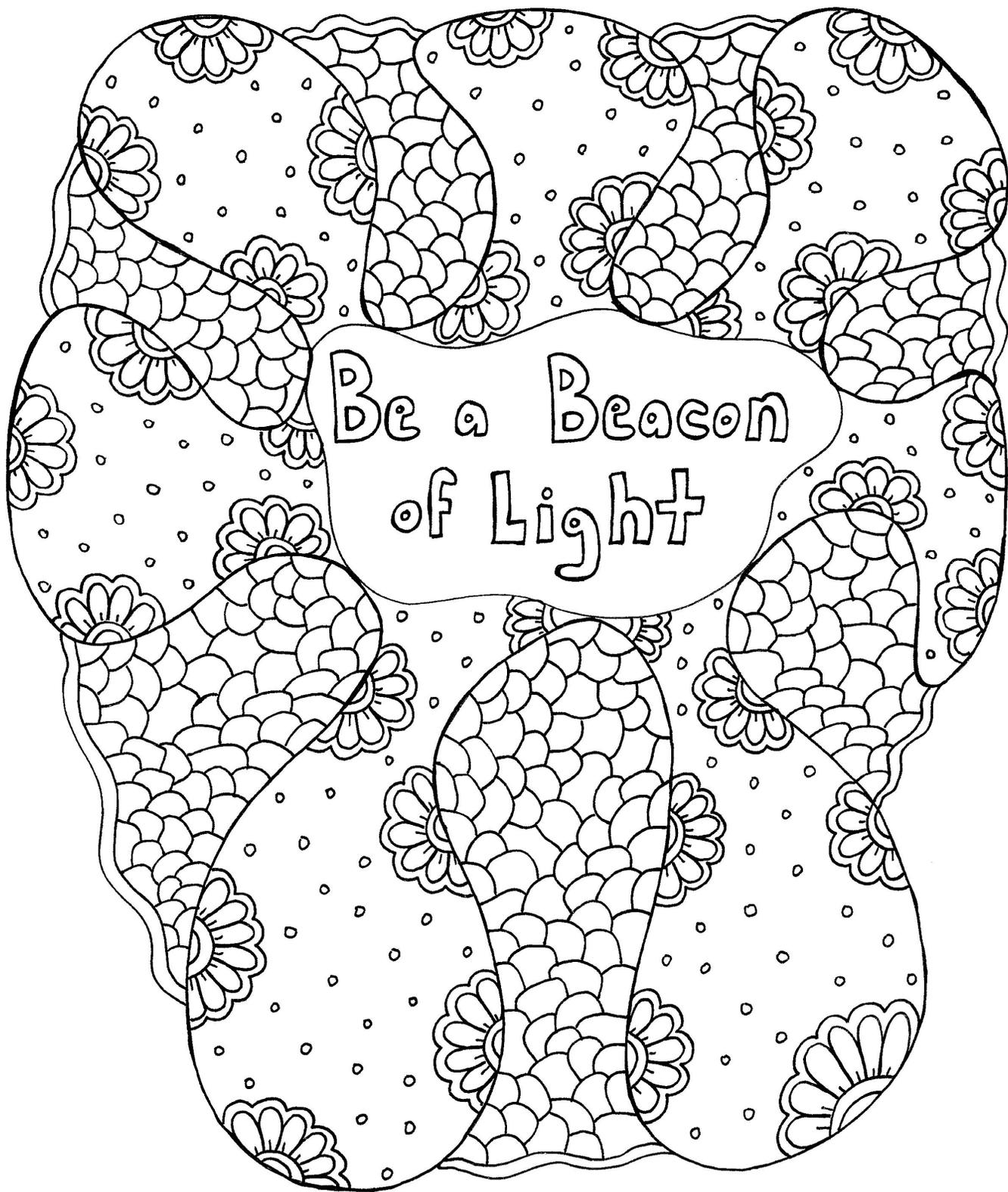


Live With
Your Heart
Open

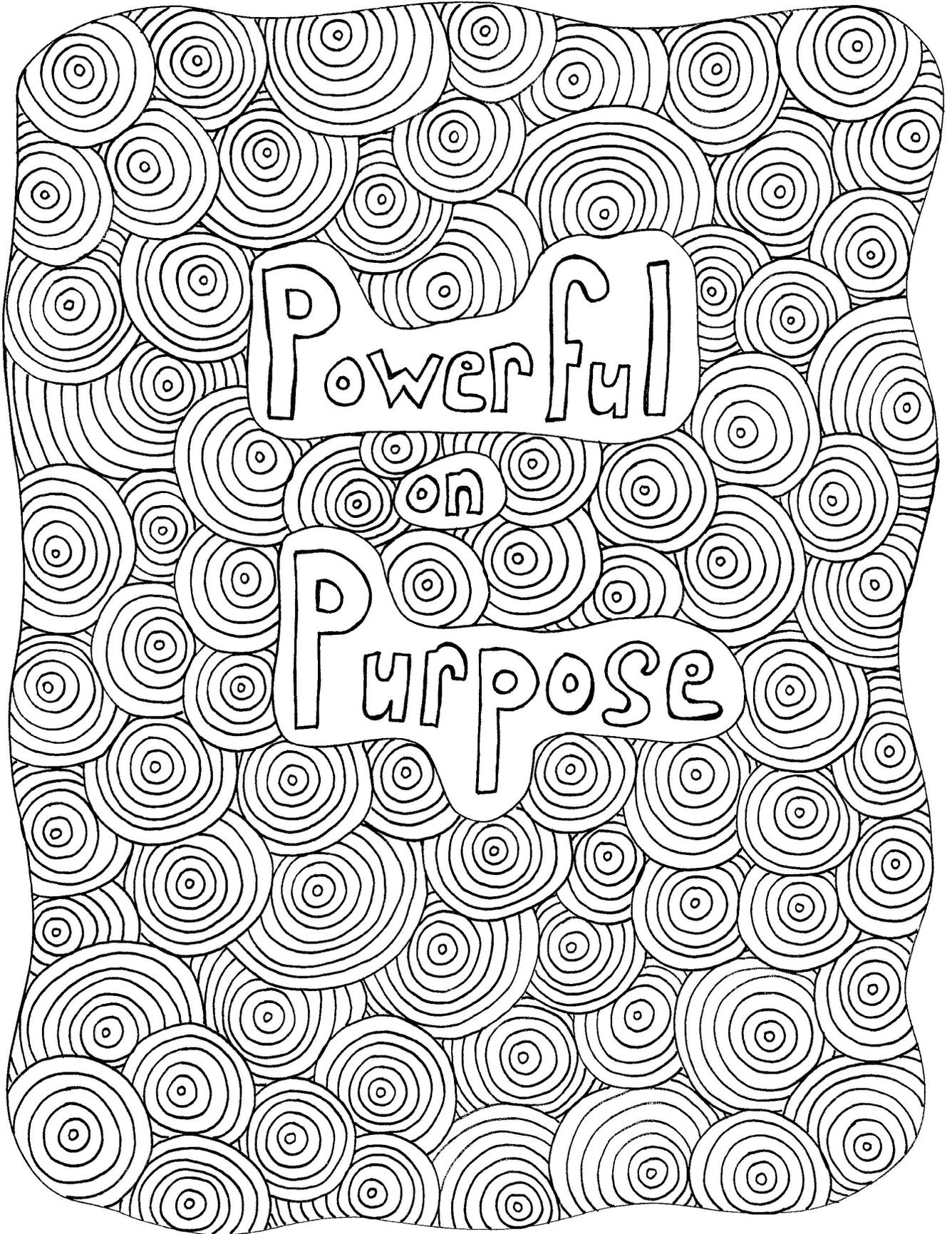


I Deserve Love





Be a Beacon
of Light

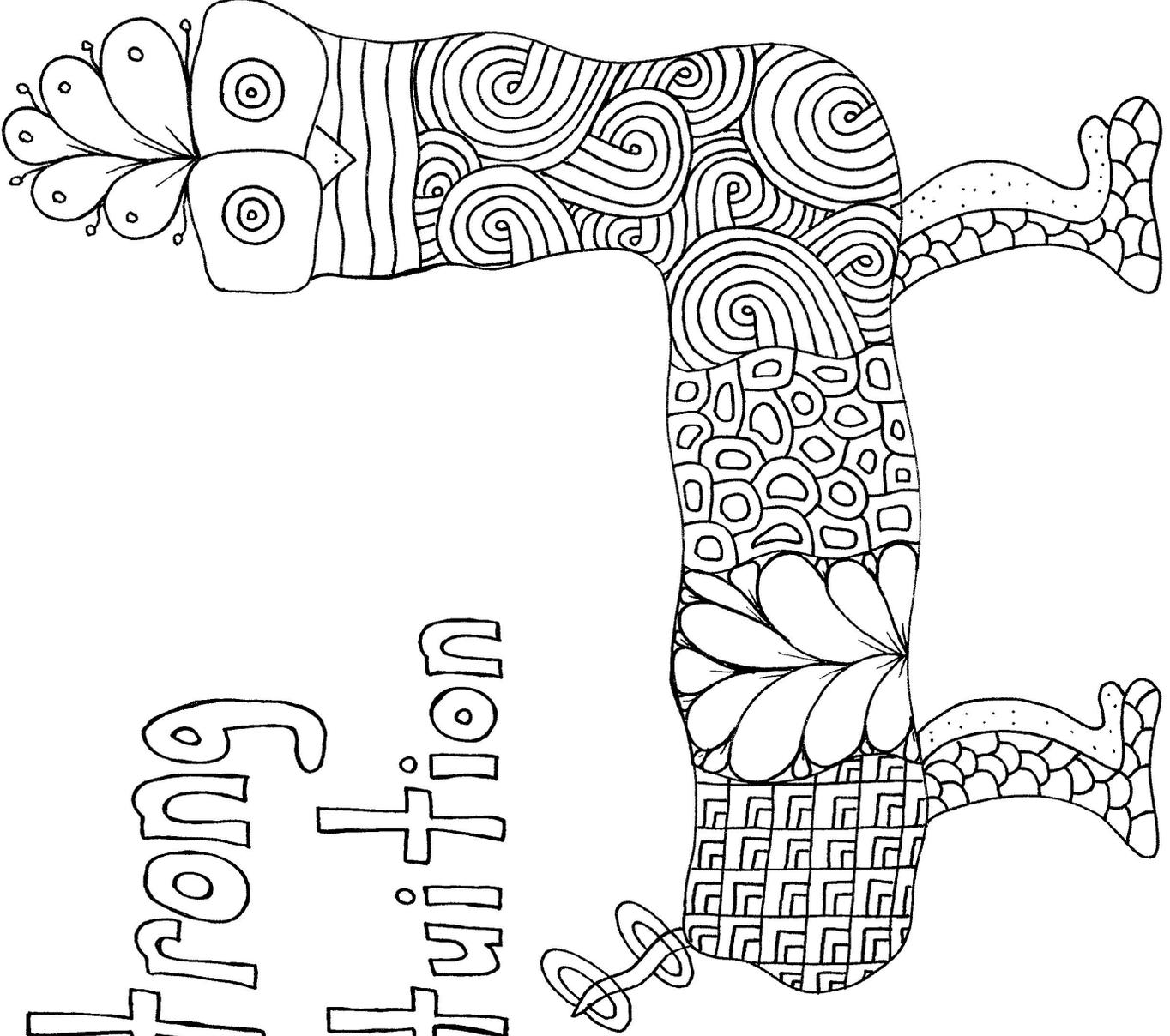


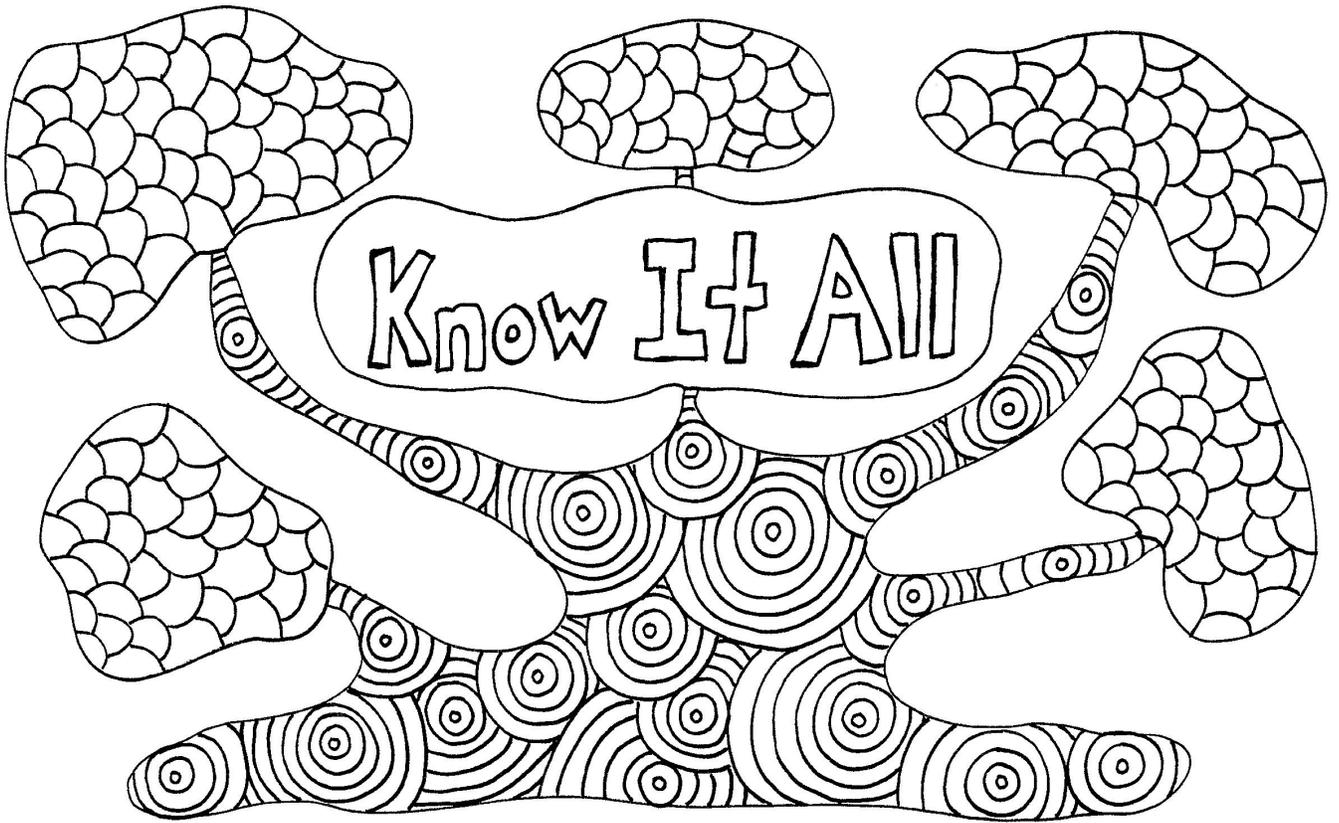
Powerful

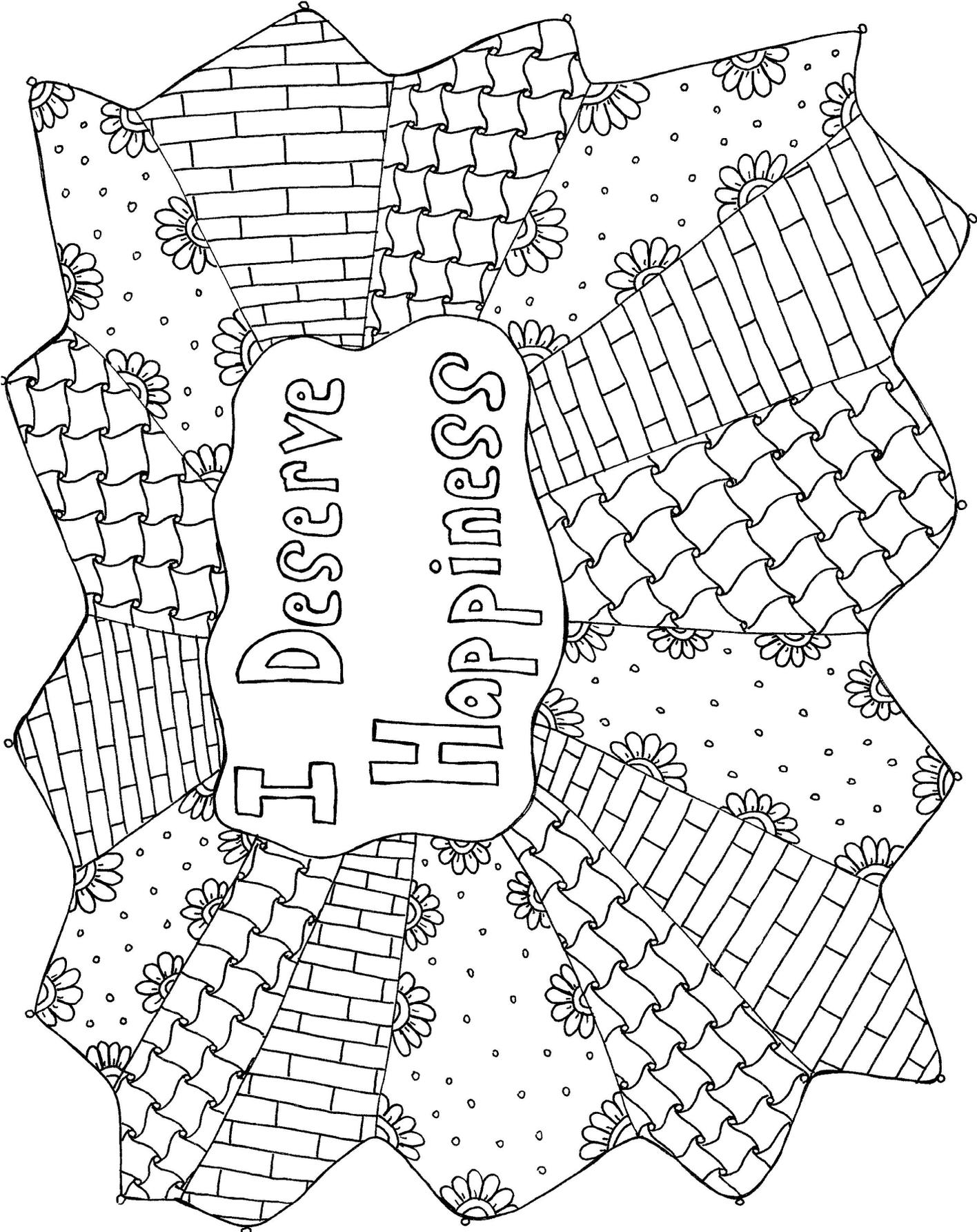
on

Purpose

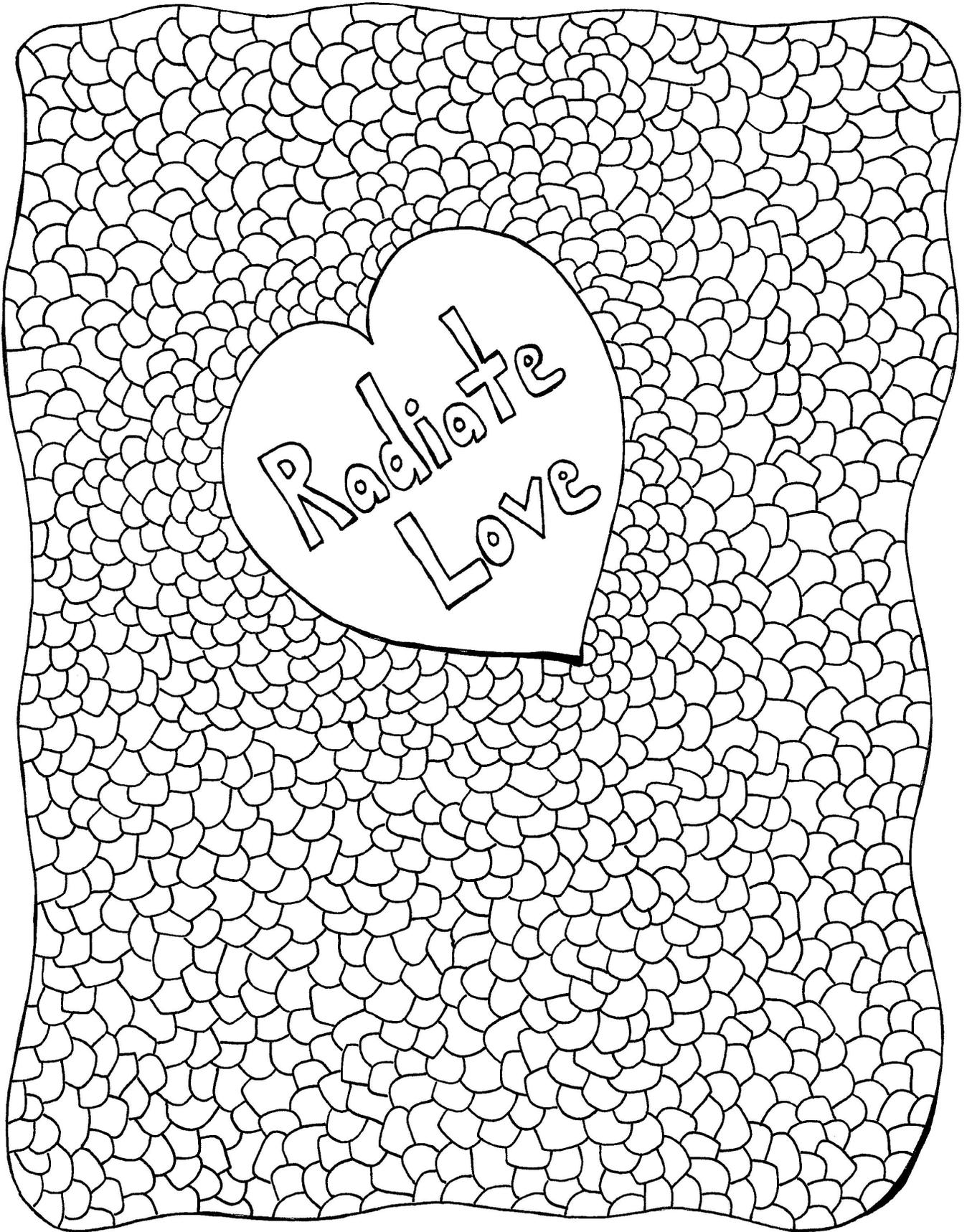
Strong Intuition



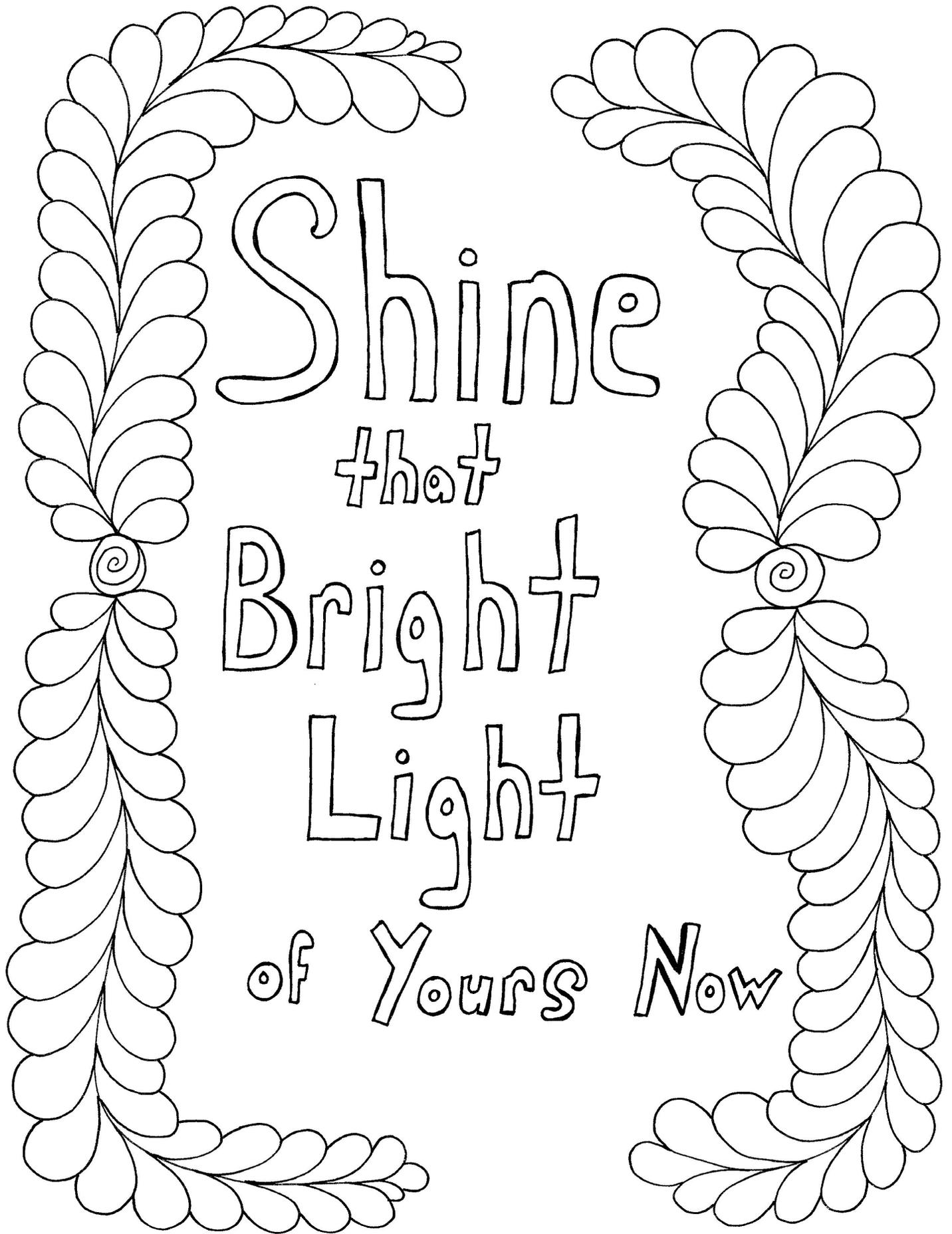




I Deserve Happiness



Radiate
Love



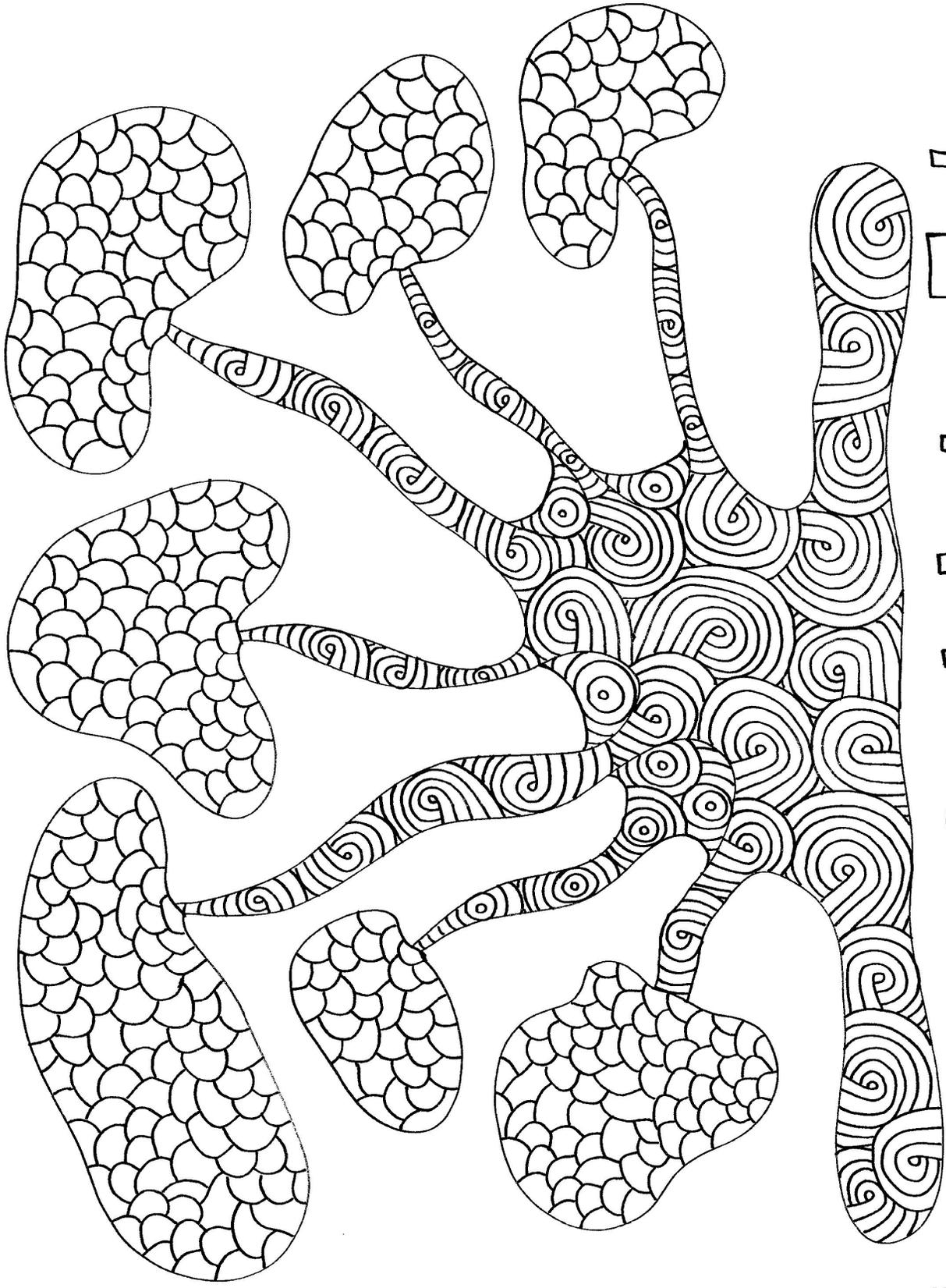
Shine

that

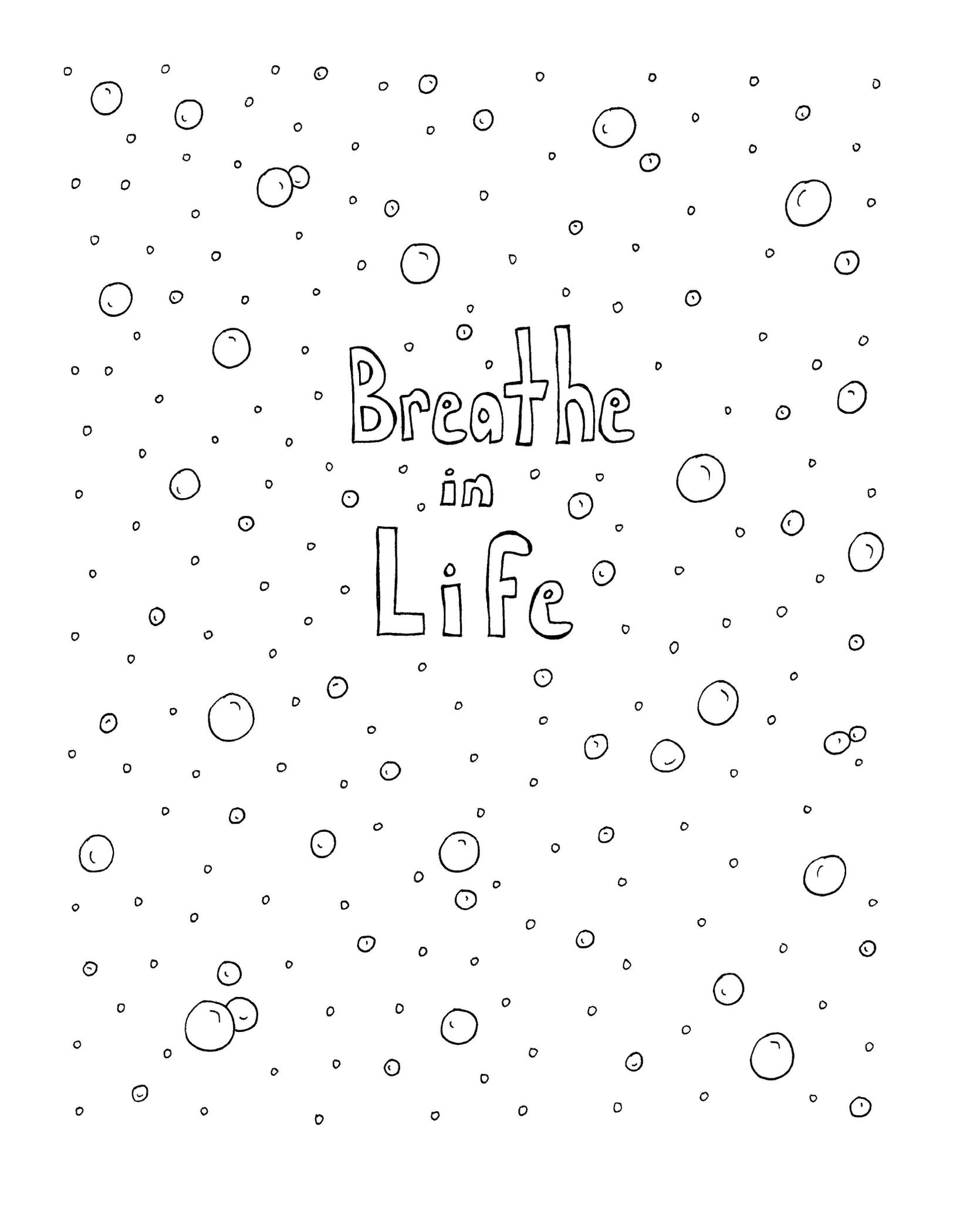
Bright

Light

of Yours Now



Express Gratitude Today



Breathe
in
Life

FINAL THOUGHTS

Although believing “I am Divine” can assist our self-esteem and self-worth in our daily lives, I encourage everyone to create their own reminders that resonate with them and their personal journeys. Maybe you don’t believe that you are deserving or valued enough. Maybe you don’t believe that you are creative or expressive enough. You are. It’s just that we just have to remind ourselves that we are. The world and other people around us have given us many reasons to believe otherwise, and it is our responsibility to no longer believe that we are not worthy of living life to the fullest. Choose to be worthy and share your divine gifts with the world.

Find the words that work for you and put in the effort to change the thoughts you have about yourself and your life. It can be as simple as coloring and posting a word on your bedroom wall so you will see it every day. You can also write the words/phrases on your bathroom mirror. But you also have to tell yourself that word or phrase often, and you have to want to believe it.

You can change your thoughts. You can change your beliefs. You can change how you see yourself, and this change can be this simple if you allow it to be. Change is only hard if you think it is. Commit to changing your own beliefs and habits by simply reminding yourself every day. This is your life. You have 10 days. You have 30 days. It is your choice to start thinking you are more than enough right now.

I wish you well on your journey of self-discovery and self-improvement. Go with the flow and trust in yourself as you commit to changing what you believe about yourself for the better.

Learn
Grow
Learn some more
And continue to Grow
Always

Thank you for choosing this coloring book.
And thank you for choosing to make a positive, constructive change in your life.
When we all make changes for the better, the world changes for the better as well.

About the Artist

Elizabeth Crooks is a writer, author, and artist who shares her knowledge of consciousness and the human experience, emphasizing the art of mindfulness and living from the heart. She holds a Bachelors of Metaphysical Sciences degree (B.Msc.) from the University of Metaphysical Sciences, and is a certified Reiki Master with years of energy work experience. When she is not sharing her knowledge through writings and art, she spends her time reading, traveling, walking in nature and doodling in love. She is a published author on several personal growth books, as well as many conscious coloring books for both adults and children.

For more information and other projects by Elizabeth, please visit:

www.elizabeth-crooks.com

And if you like the cover design, turn the page and color it in.

Thank you!

