

A Coloring Journal Planner  
that celebrates living a life  
of purpose by design



Be...

STRONG  
INSPIRED  
HAPPY  
LOVE  
KIND  
GENUINE  
GRATEFUL



Dawn Airhart Witte  
Deborah Louise Brown

**BELIEVE EVERY DAY IS A MIRACLE.**



When you see a

# Dragonfly

**Connect with your own strength,  
courage and happiness**

**Celebrate your ability to see in all  
directions with your own compound  
eye called wisdom**

**Explore your life at the  
deepest, most sacred level**

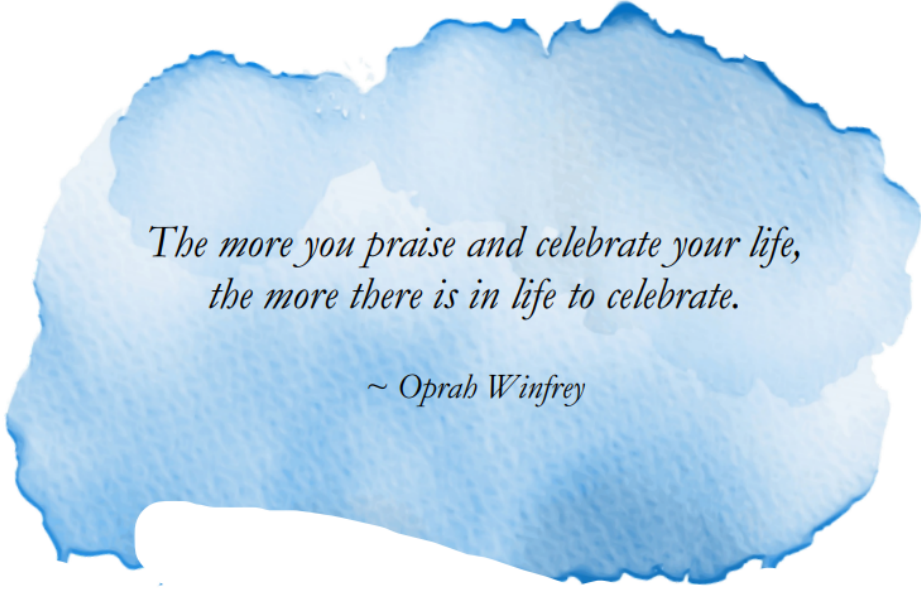
**Be open to change,  
transformation  
and renewal,  
especially  
after  
hardship**

**~ DLB**

**Dragonfly ~**

**Syn: free spirit, swiftness, activity, wisdom, power, energy, courage,  
transformation**





*The more you praise and celebrate your life,  
the more there is in life to celebrate.*

*~ Oprah Winfrey*

*My Reflections ~*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Month \_\_\_\_\_



Year \_\_\_\_\_



Monday    Tuesday    Wednesday    Thursday    Friday    Saturday    Sunday


Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

~ Nathaniel Hawthorne





# Be... Kind



## Kind –

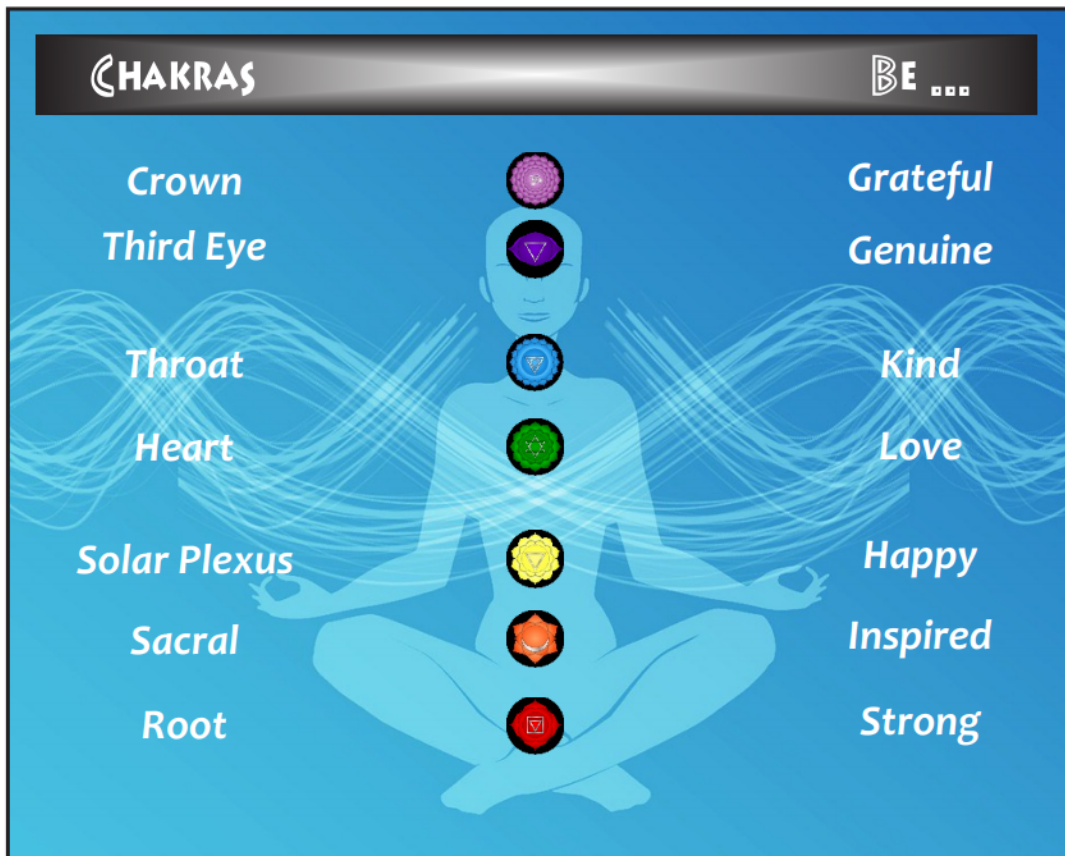
Syn: benevolent, charitable, compassionate, magnanimous, caring, helpful, understanding, affectionate, amiable, considerate, polite, cordial, courteous, friendly, gentle, gracious, humane, kindhearted, kindly, loving, sympathetic, thoughtful, tolerant, accepting, humanitarian, thoughtful, altruistic, giving, amicable, congenial, goodness, indulgent, mild, neighborly, lenient, obliging, philanthropic, propitious, softhearted, tenderhearted

## Connecting to the Chakras

Our bodies contain seven main energy centers which run along our spine called “Chakras.” Chakra means “wheel of light.” These wheels of light and energy correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional, physical, and spiritual well-BEing. Our energy centers function their best when they are opened, balanced and aligned. BEing our BEst selves keeps our energy vibrating at our highest frequency. We are energetic BEings and the energy we give out is the same energy that will come back to us.

*“Meditate, Visualize and Create your own reality and the universe will simply reflect back to you.”*

*~ Amit Ray*







**BE...STRONG** in the face of all of your fears  
*stand up for the right even when danger nears*

**BE...INSPIRED** living in your hopes and dreams  
*Like the water that flows through the oceans and streams*

**BE...HAPPY** as a child at play  
*no matter the storms that may come your way*

**Be...LOVE** from a kiss or a hug  
*BE the tears that give your heart a tug*

**BE...KIND** so it touches a heart  
*It is the very BEst place from which to start*

**BE...GENUINE** in all that you do  
*for then others will know who is the real you*

**BE...GRATEFUL** for your life is a gift  
*with it let's use its power to lift*



*Express your innermost thoughts and dreams and begin turning your plans into a beautiful reality.*

**IT'S ALL ABOUT WHO AND HOW YOU CHOOSE TO BE IN THIS WORLD.**

Today has never happened before and it never will again. When we believe each day is a gift, we can live our most beautiful and happiest of lives. Here in these pages are quotes to inspire, images to color, and a place to write your heart's desires.

Through the lens of 7 powerful words – LOVE, GRATEFUL, KIND, INSPIRED, HAPPY, GENUINE, and STRONG – celebrate your wins and the wonders of each day ... AND express yourself through the joys of coloring every step of the way.



Dawn Airhart Witte is the founder of the *Desire to Inspire Foundation*, which provides children around the world with a mother's love and care while helping them find and use their own special gifts and talents to help themselves and others. Being a mom to her two daughters, Taylor and Carrington, is her proudest role and title. She is the founder of The Be Line Products and co-founder of the *Recipes for Being Series*.



Deborah Louise Brown has over 30 years' experience as a publicist, marketer, editor, publisher, freelance commercial writer, and speaker. In addition to writing a series of marketing books and coaching entrepreneurs, Deborah designs, illustrates and markets coloring book journals for adults and children. She is the co-founder, editor and designer of the self-care book series, *Recipes for Being*.

[ColoringJournalsforHealthyLiving.com](http://ColoringJournalsforHealthyLiving.com)

[DesireToInspireFoundation.org](http://DesireToInspireFoundation.org)

[RecipesForBeing.com](http://RecipesForBeing.com)