

happy

colouring, mindfulness, doodles and
journaling to bring calm to your day.

Oyekemi Bawa Allah

This book belongs to

Introduction

Happiness is an inside job.

The truth is that the inside can be dark and scary, you are aware and unaware, and change can be challenging.

Happy habits introduces you to new paths that lead to lasting joy. Try colouring the Mandala patterns. Let the quotes inspire you to be grateful and gracious. Make it a regular practise and you will discover a happier self, clearer mind and a rejuvenated body.

You need time to develop these habits, so this book is presented as a handy practise book designed for taking small doses to build consistency. These practises are very relaxing and dopamine-inducing and will only result in more joy, calm and clarity of mind. Watch as your awareness expands, your confidence is boosted, your relationships improve and you become a happier person.

Create your own happiness, and craft a life that brings you fullfilment. And just like that I hope you embrace all the wonders to come.

XOXO

Oyekemi Bawa-Allah



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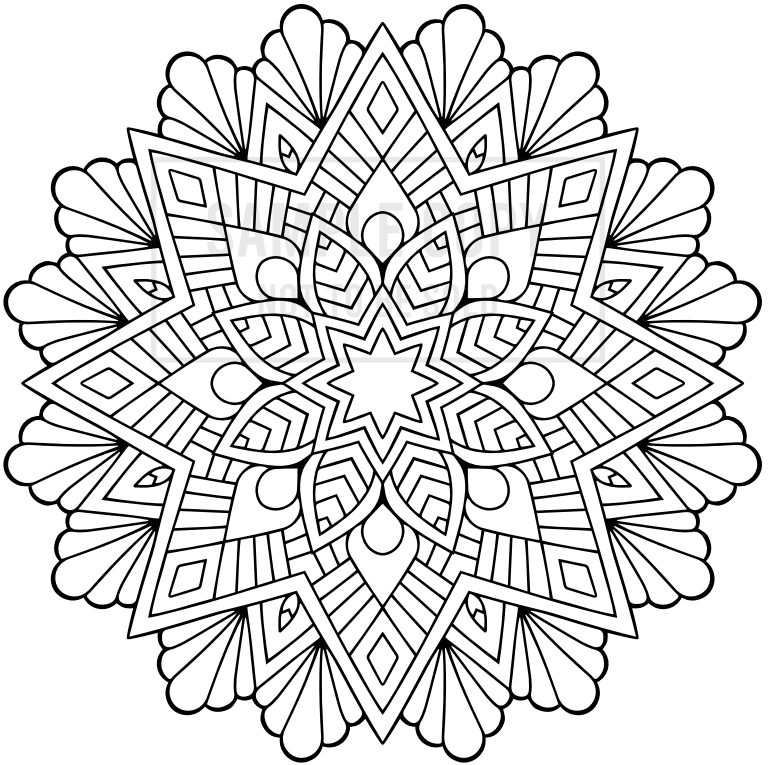
The sign of a beautiful person
is that they always see
beauty in others

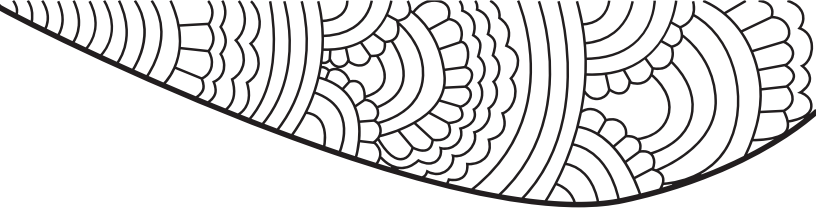
-Omar Suleiman

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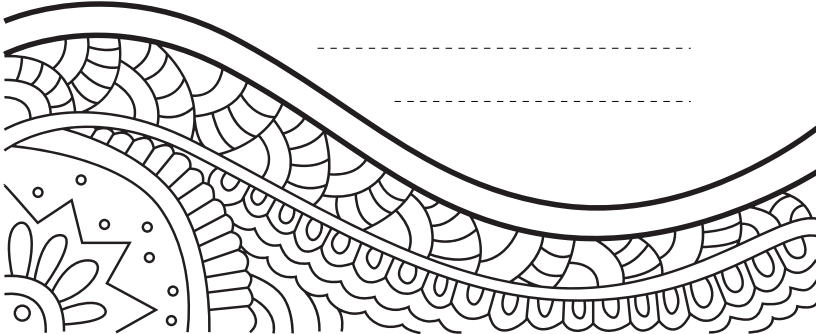
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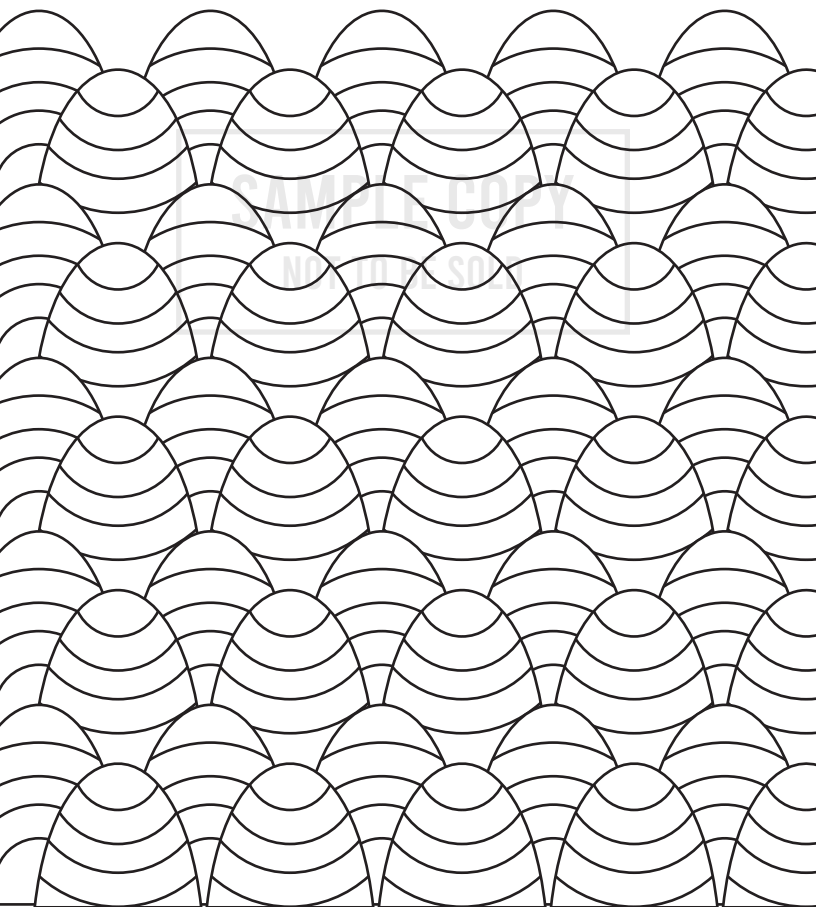


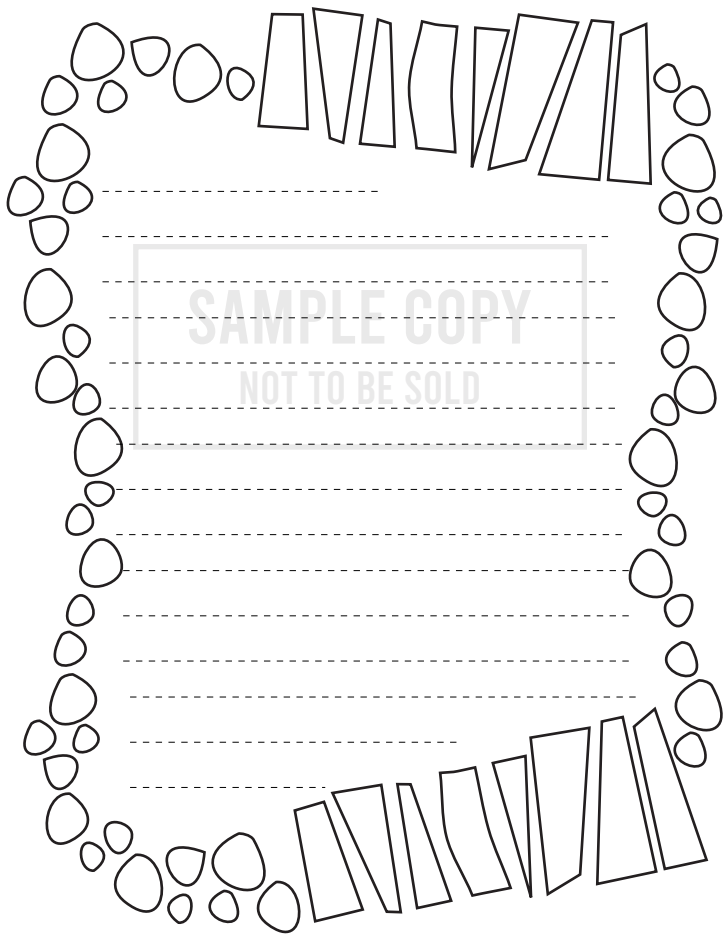


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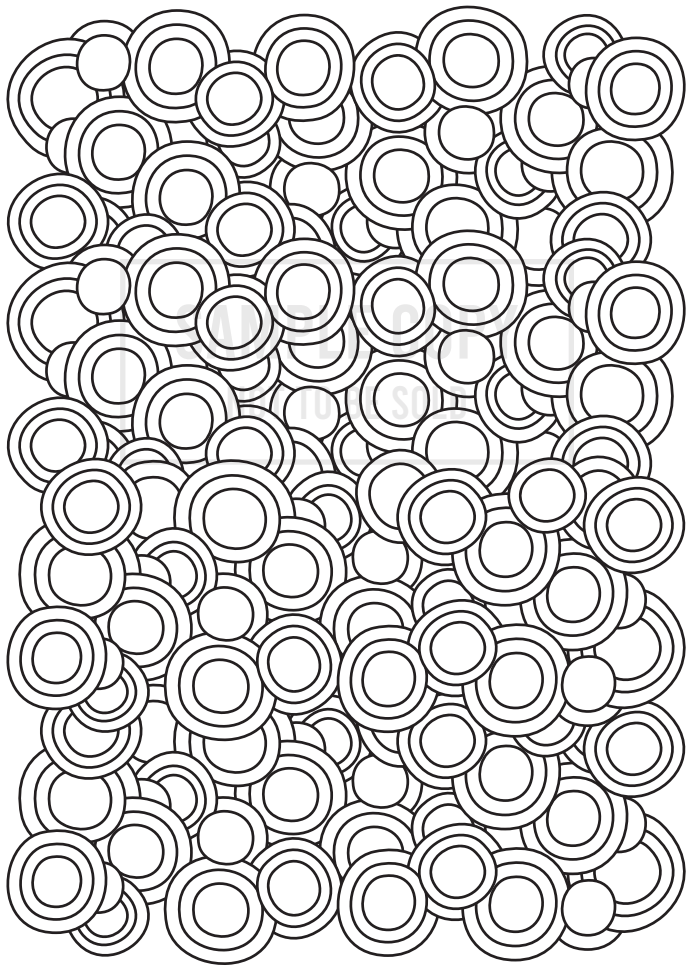
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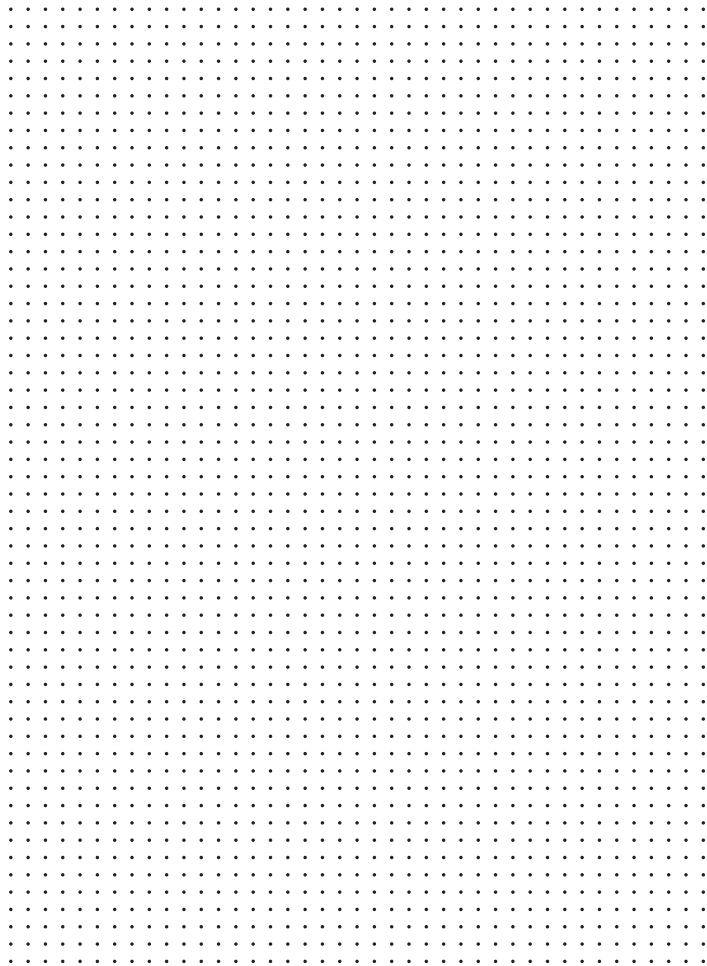
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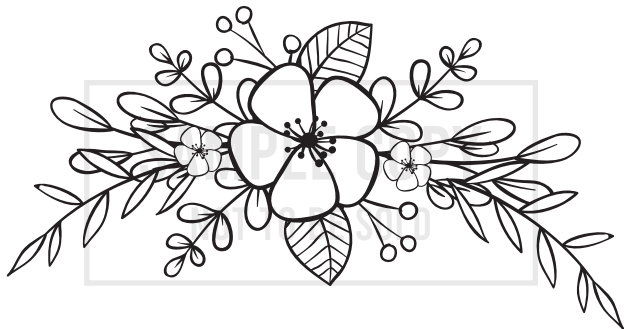


Describe one good quality about yourself

Be kind to yourself

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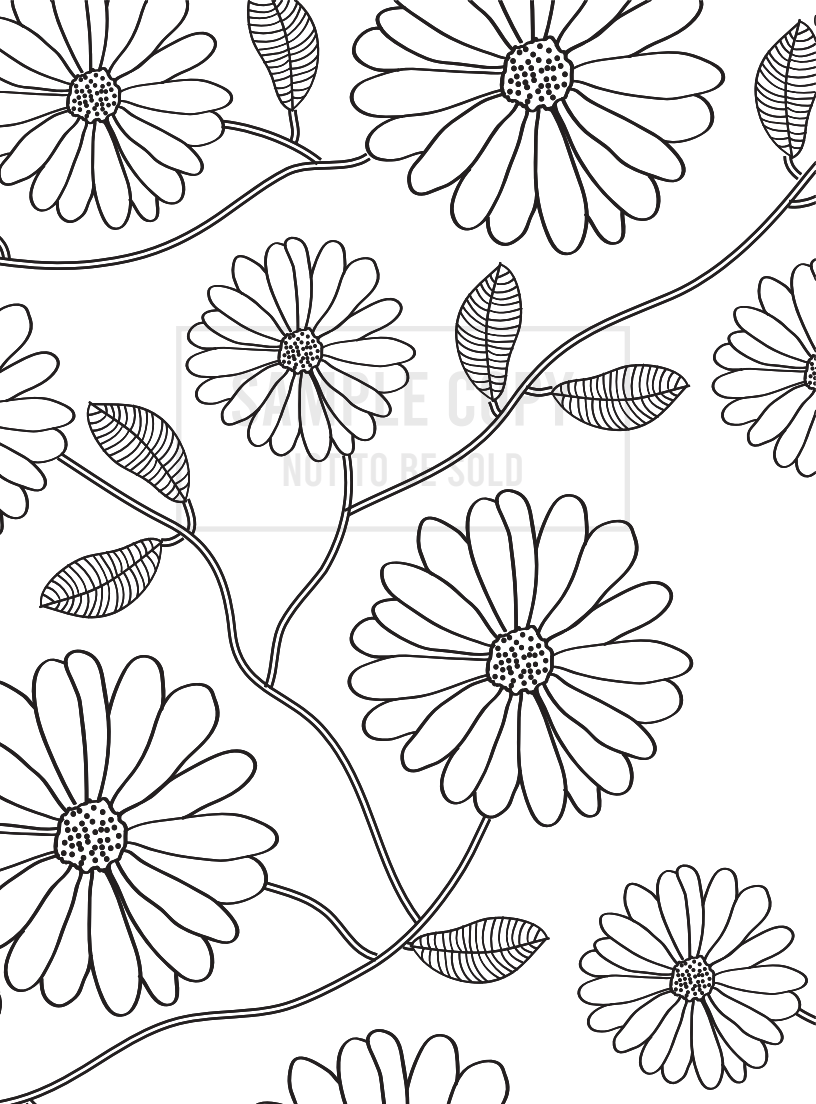


At the core of all my decisions
nowadays is peace.

I choose peace.

I gravitate towards peace.

- *Toni Tone*



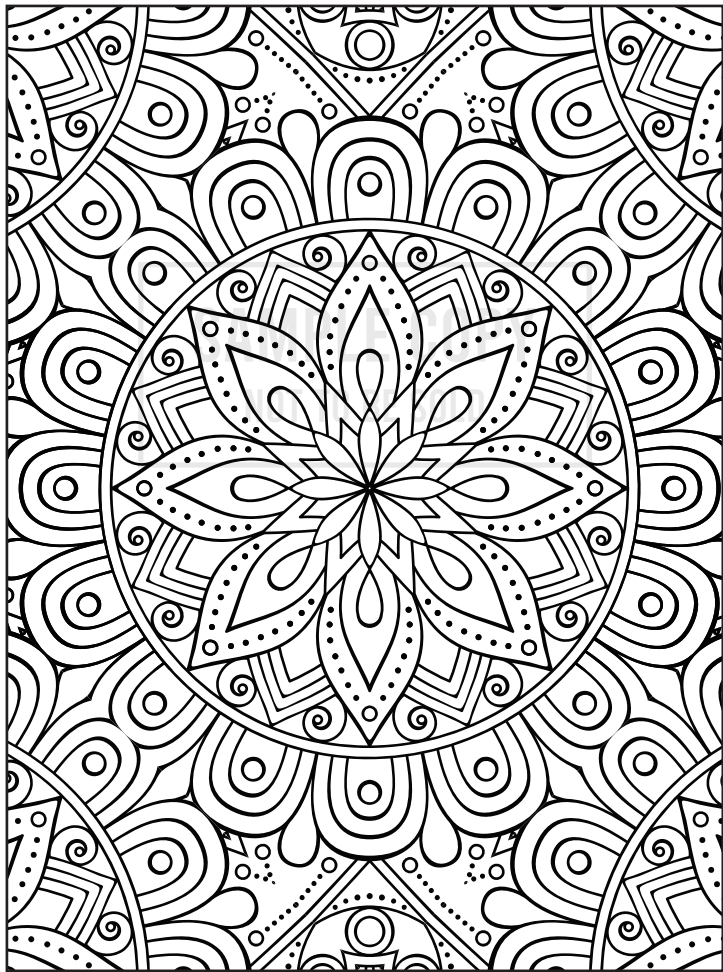


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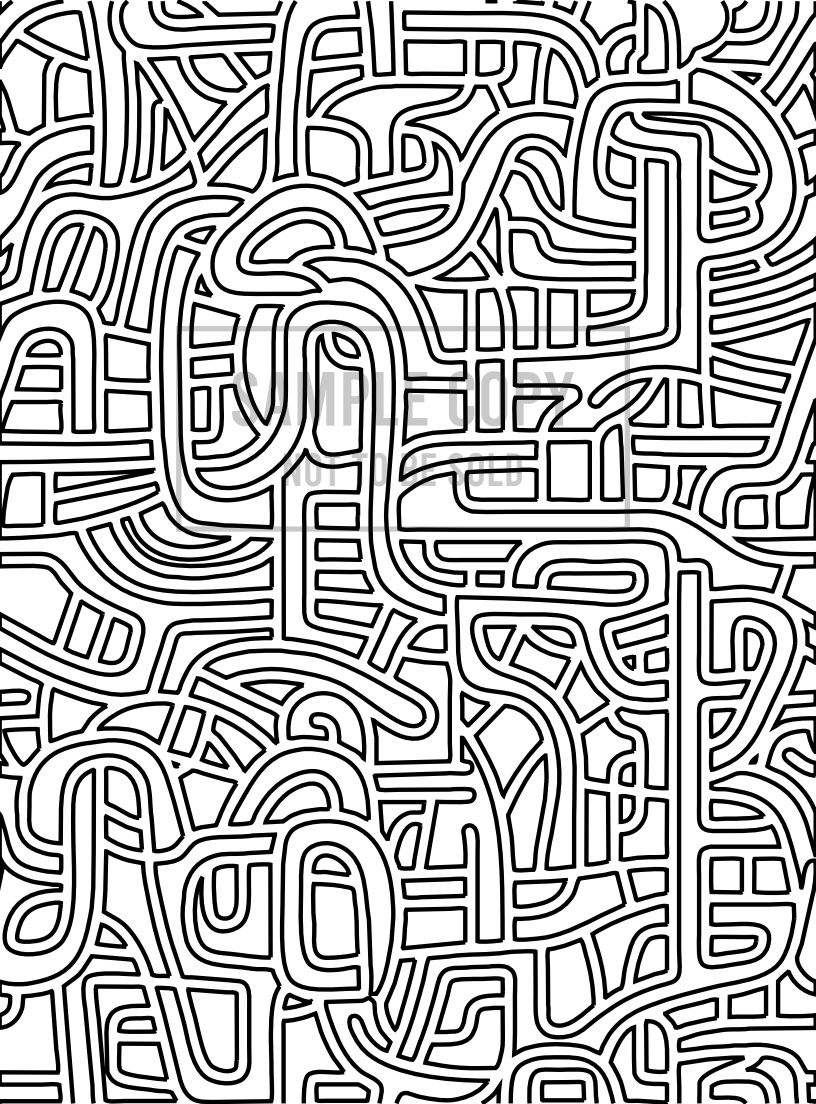






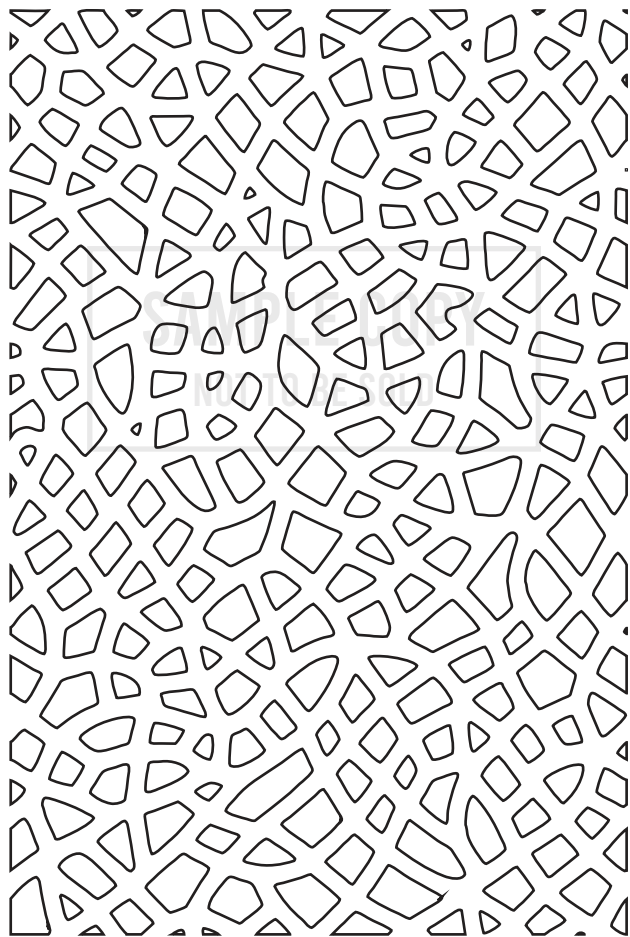


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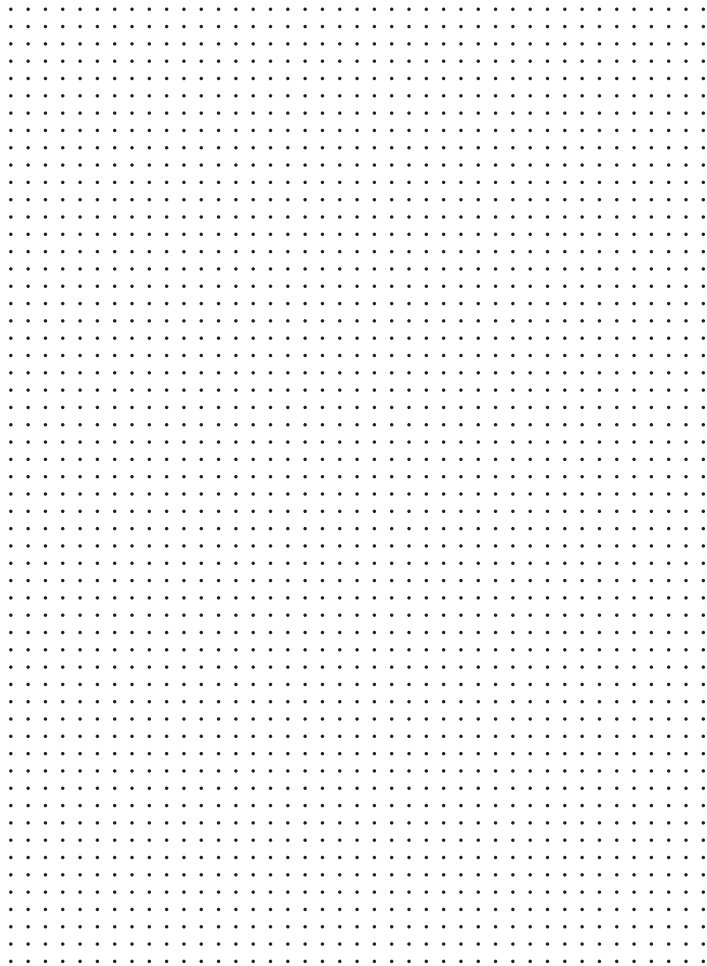
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I am grateful for what I am and have.
My thanksgiving is perpetual.
It is surprising how contented one can
be with nothing definite - only a sense
of existence.

- *Henry David Thoreau*



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Congratulations on completing this mindfulness practice book!

When you start to experience mindfulness through this practice book, you will discover a new level of inner sunshine - because you'll find yourself beaming with new found clarity, peace, and a refreshed outlook on life.

Key Takeways

Self-Compassion: Embrace yourself with kindness and understanding. Treat yourself with the same compassion you offer to others.

Resilience: Life's challenges are opportunities for growth. Use mindfulness to build resilience and navigate the ebb and flow with grace.

Gratitude: Pause to appreciate the beauty around you. Gratitude transforms ordinary moments into extraordinary blessings.

Thank you for allowing this book to be a companion on your journey. May your path be filled with mindfulness, peace, and moments of profound joy.

How to Use This Book

This experiential workshop leverages the latest mindfulness research to enhance mental health, self-awareness, and stress resilience. The workbook introduces Mindful Colouring, Mindful Reflection, and Mindful Self-Care.

For additional support, contact us at
<https://spapamperingathome.com/discovery/>



"The intricate patterns not only enhanced my coloring experience but also left me eager to explore more. A big thank you to SPAH for creating such an enjoyable and visually appealing activity!"

- Olasunkanmi Khadijah Yusuf

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