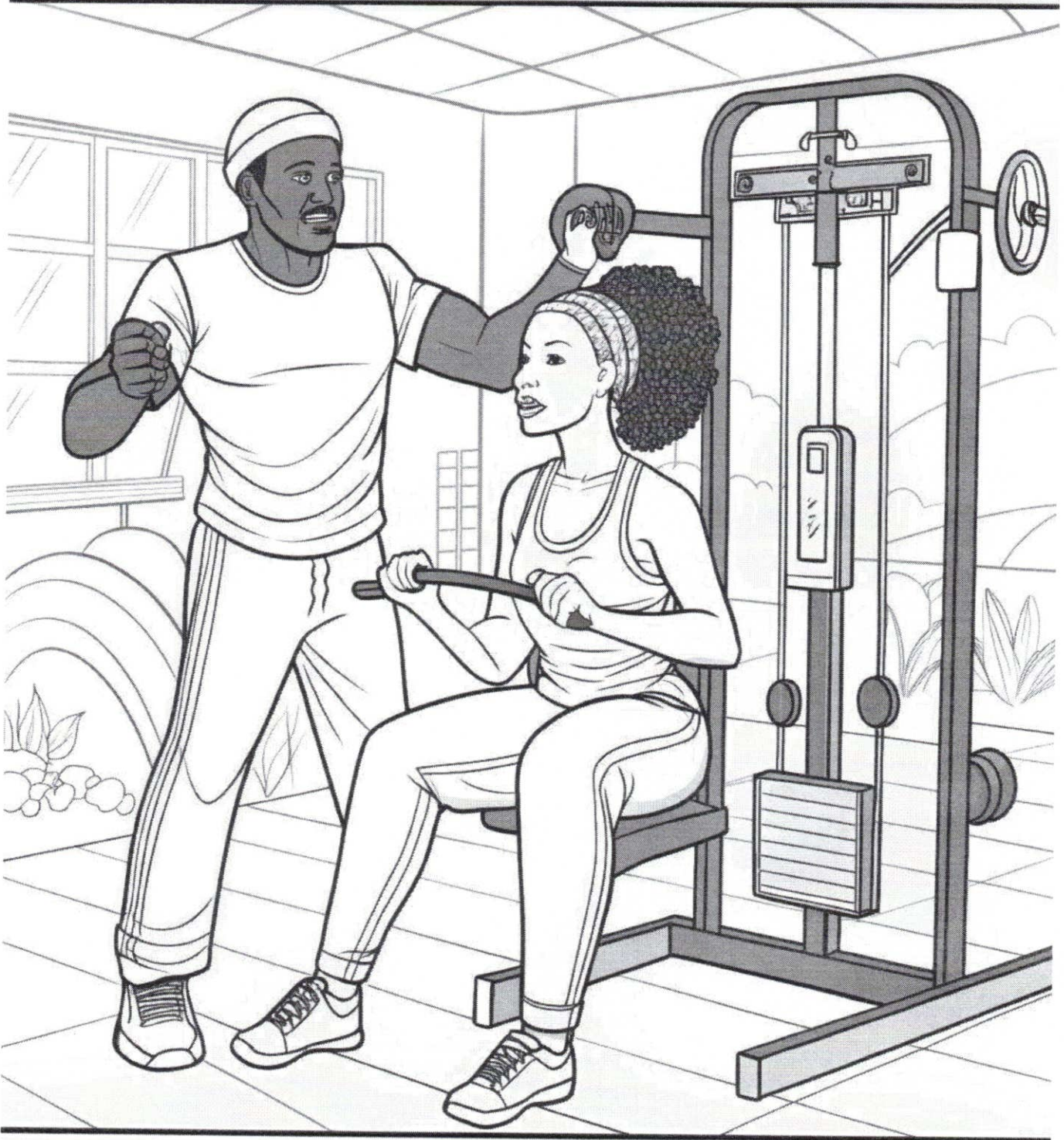


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POSITIVE AFFIRMATIONS ADULT COLORING BOOK



MY Health is Important



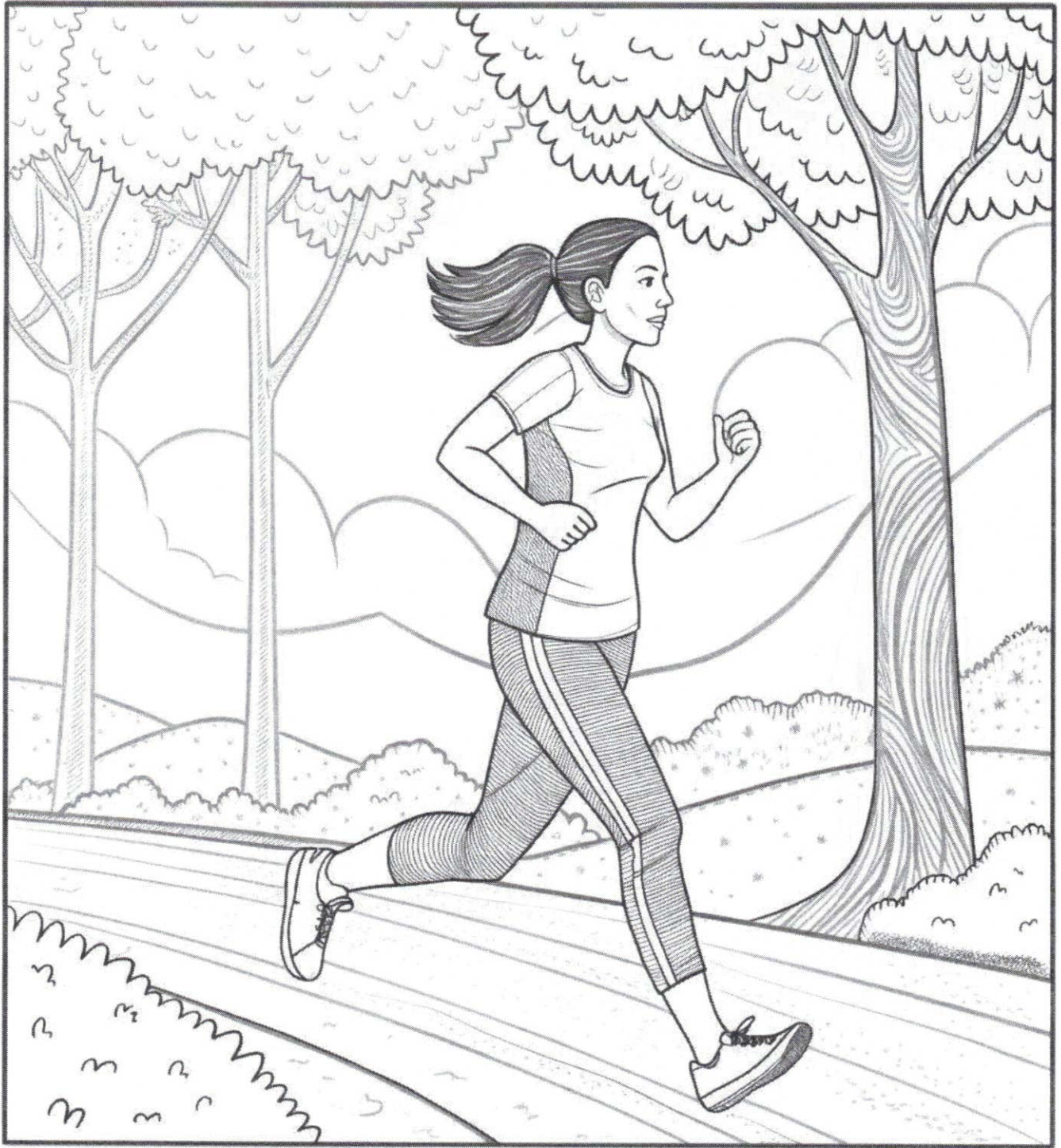
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MY HEALTH IS IMPORTANT



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MY HEALTH IS IMPORTANT



INTEGRATIVE COUNSELING CENTER

IT IS OK TO TAKE A BREAK



INTEGRATIVE COUNSELING CENTER

MY HEALTH IS IMPORTANT



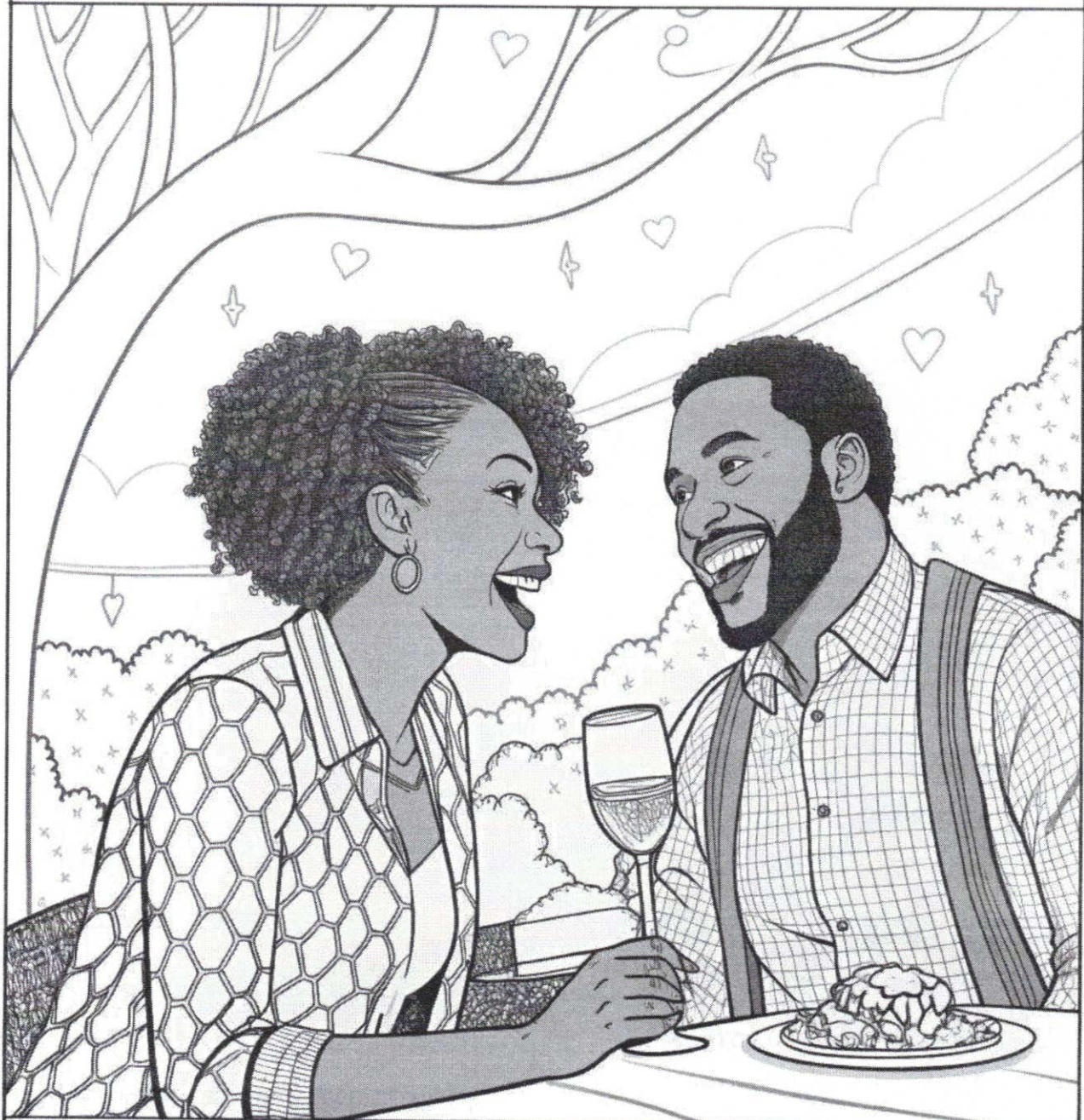
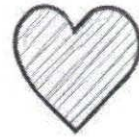
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TAKE UP SPACE



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I DESERVE LOVE

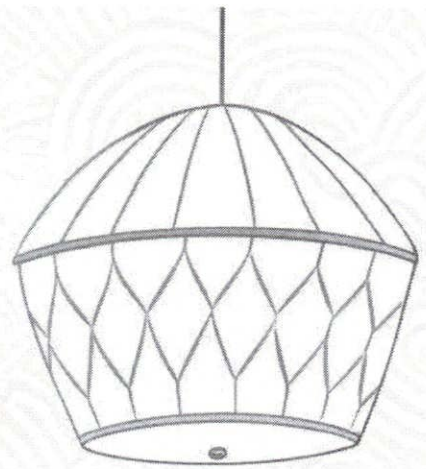


INTEGRATIVE COUNSELING CENTER

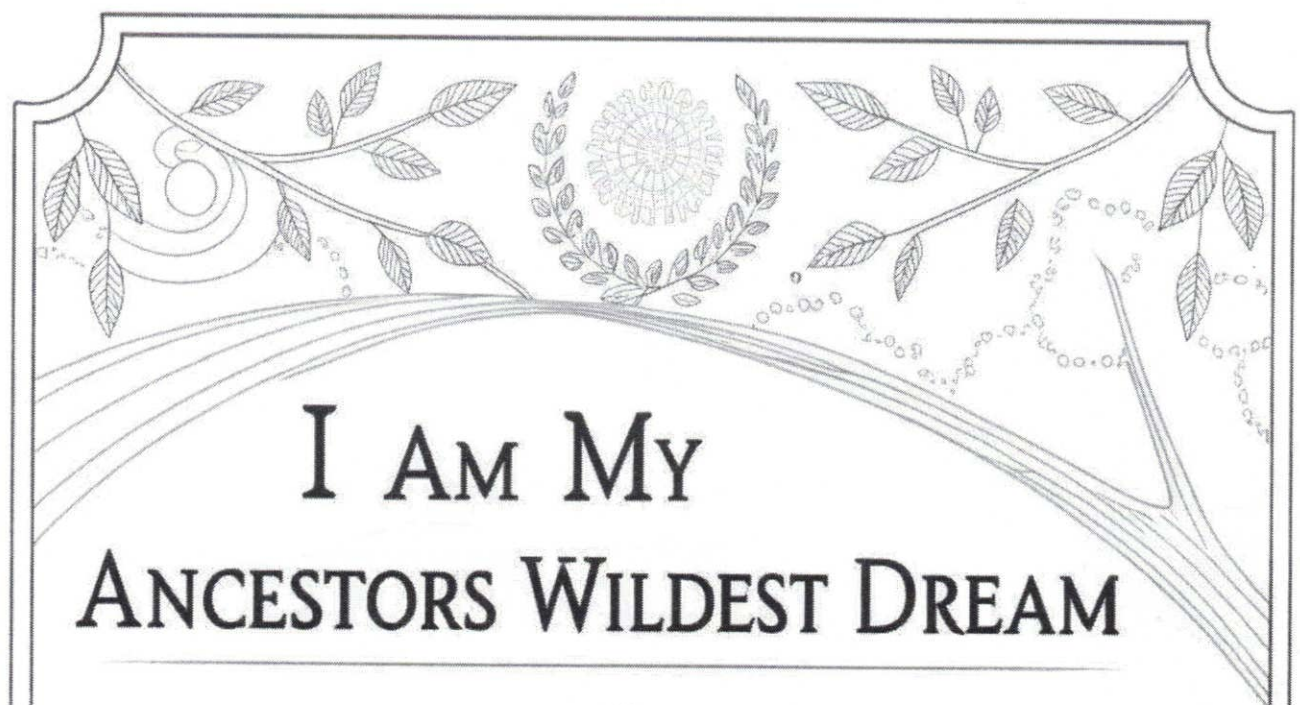


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I DESERVE *Authentic* CONNECTION



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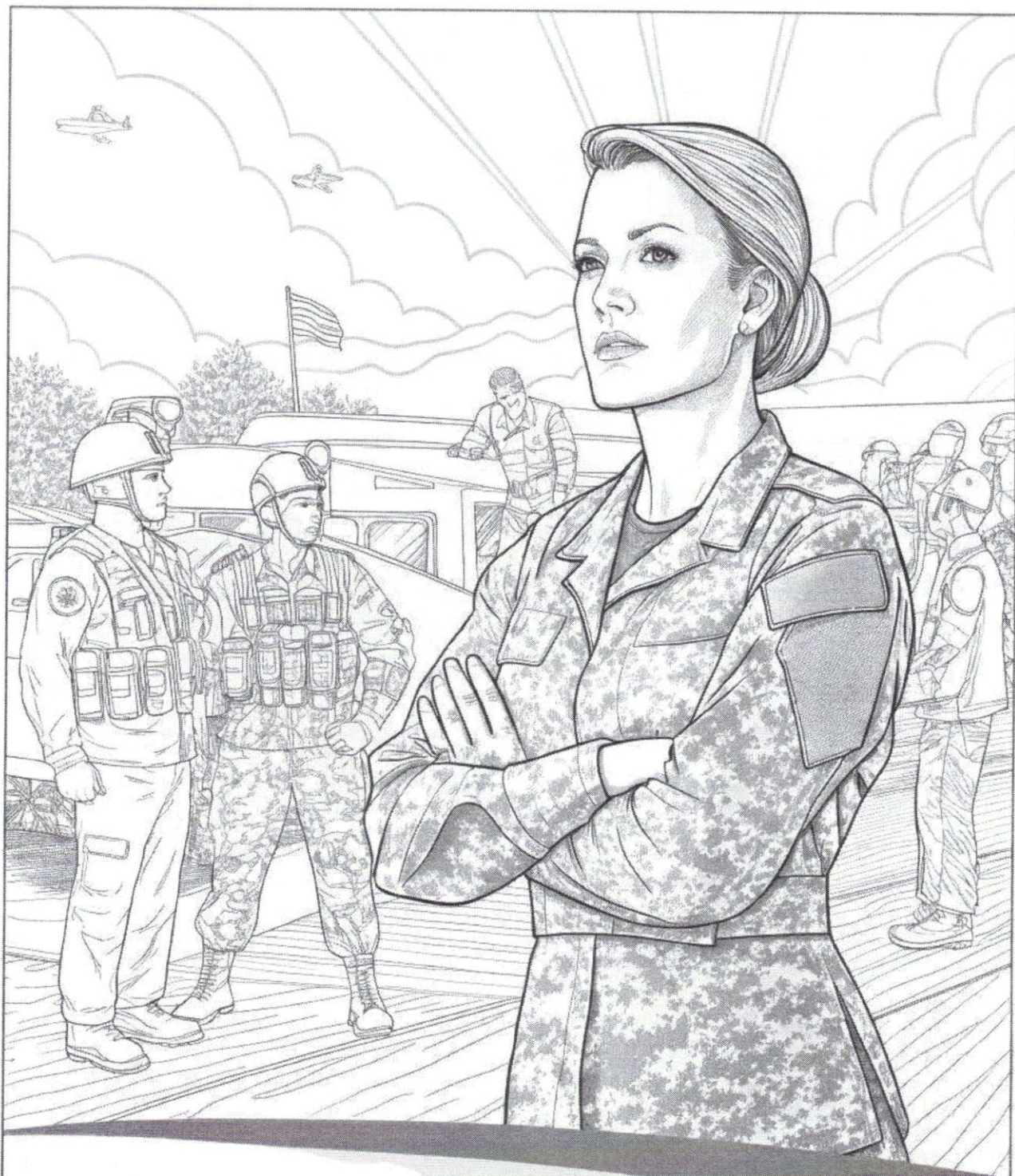
I AM MY ANCESTORS WILDEST DREAM





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I Am Enough

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SELF LOVE IS THE BEST LOVE



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SELF LOVE
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SELF LOVE IS THE BEST LOVE



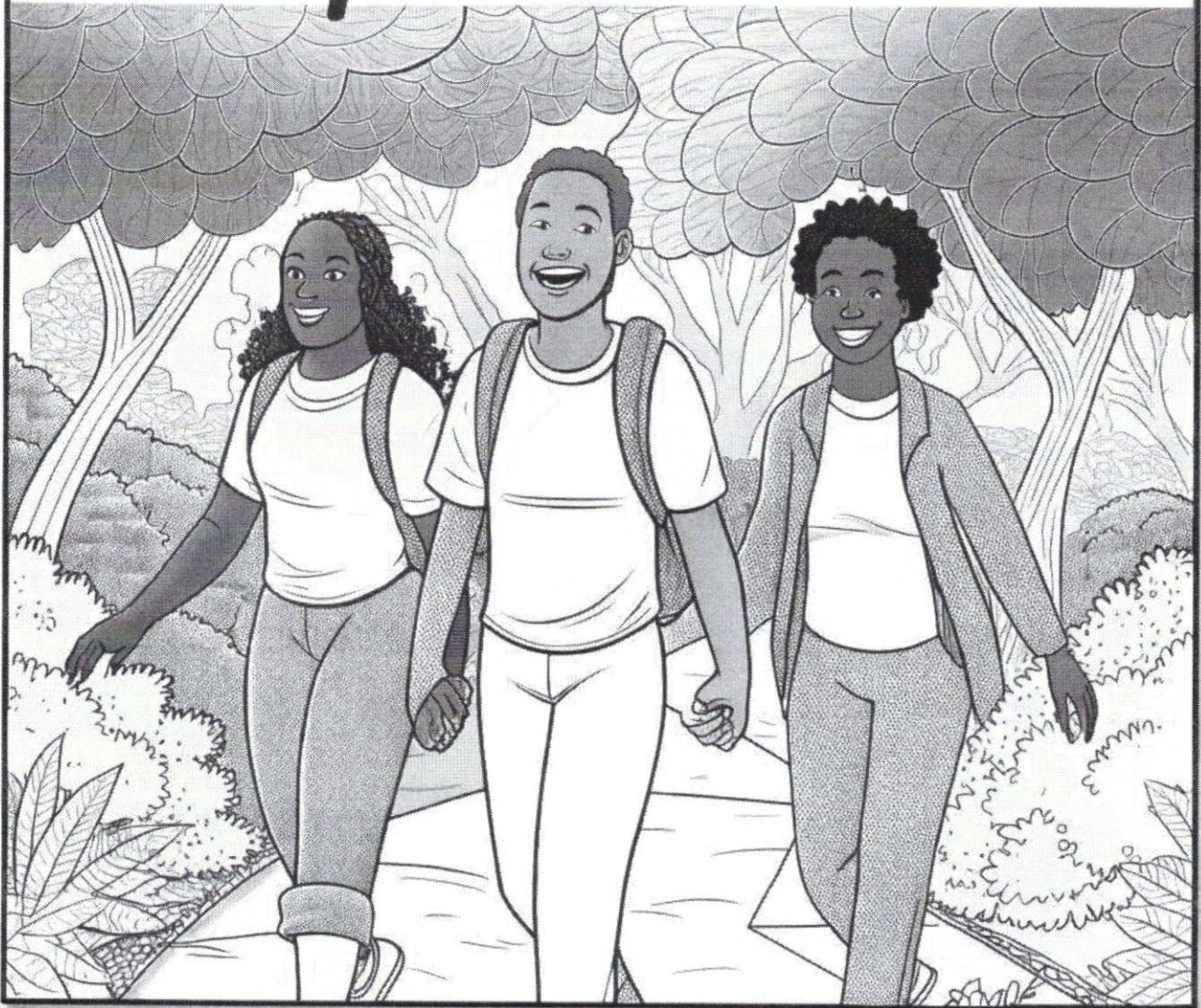
INTEGRATIVE COUNSELING CENTER

I DESERVE LOVE



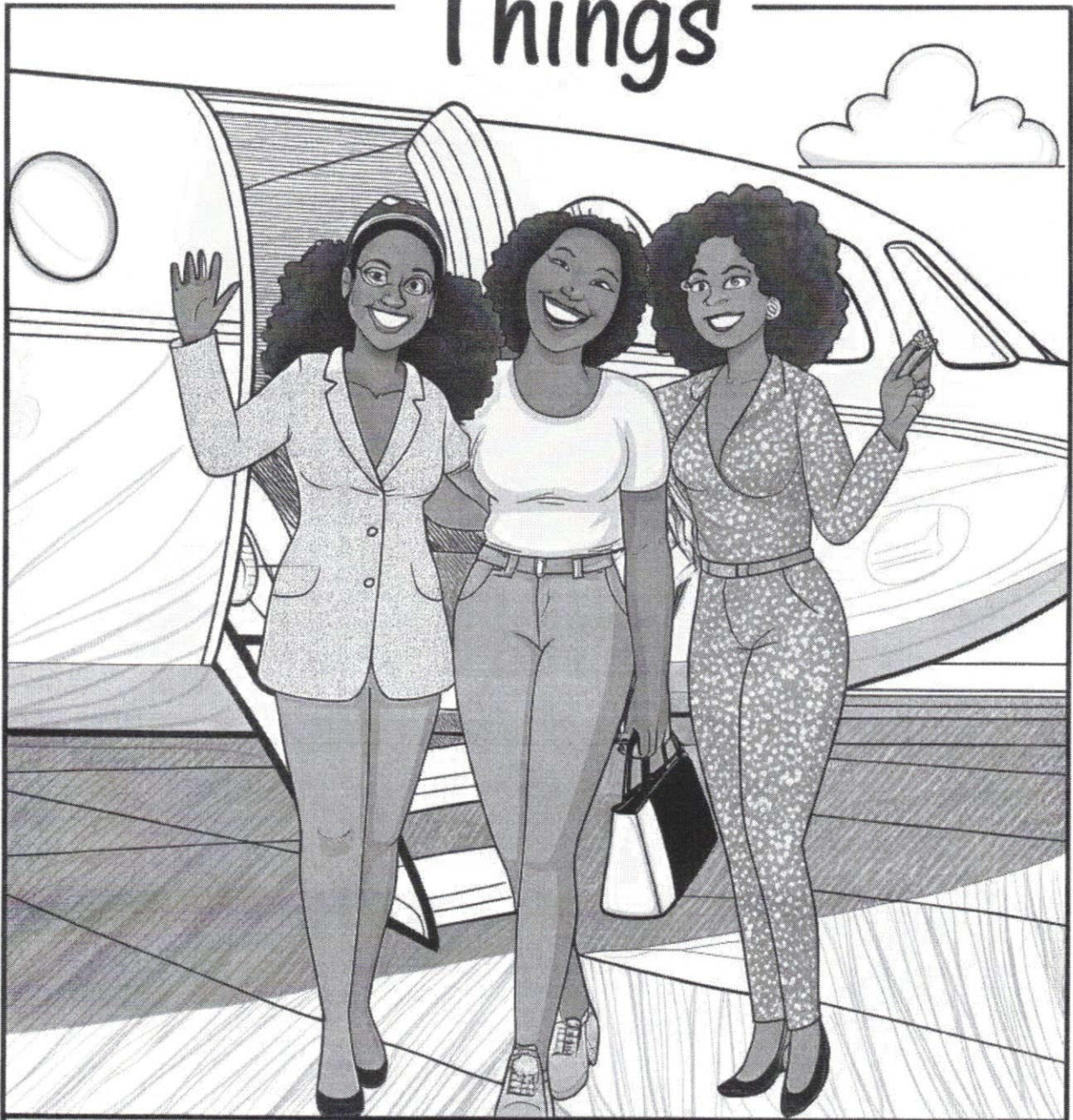
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MY PEACE IS *Important*



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It's Ok To Enjoy Nice Things



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My Peace is important



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My Peace is Important



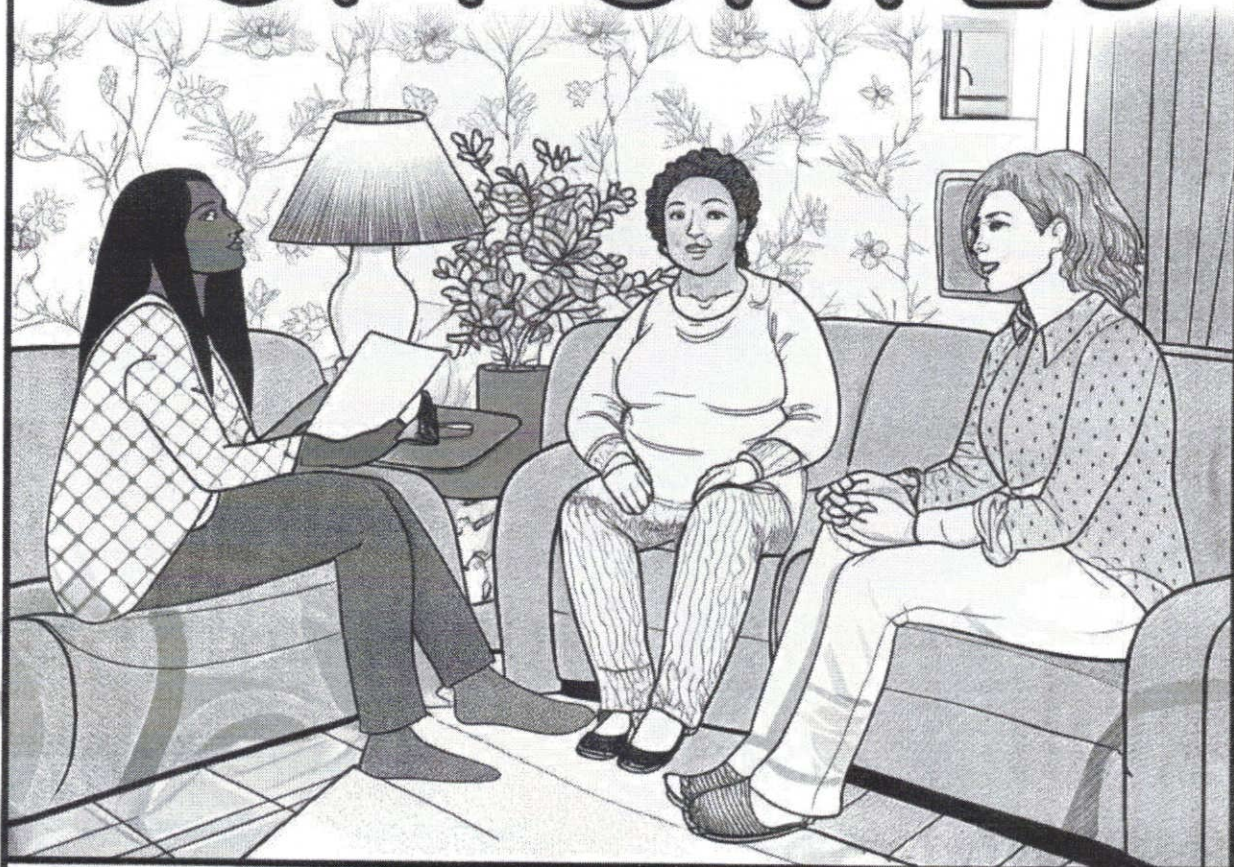
INTEGRATIVE COUNSELING CENTER

I Deserve to Be SUPPORTED



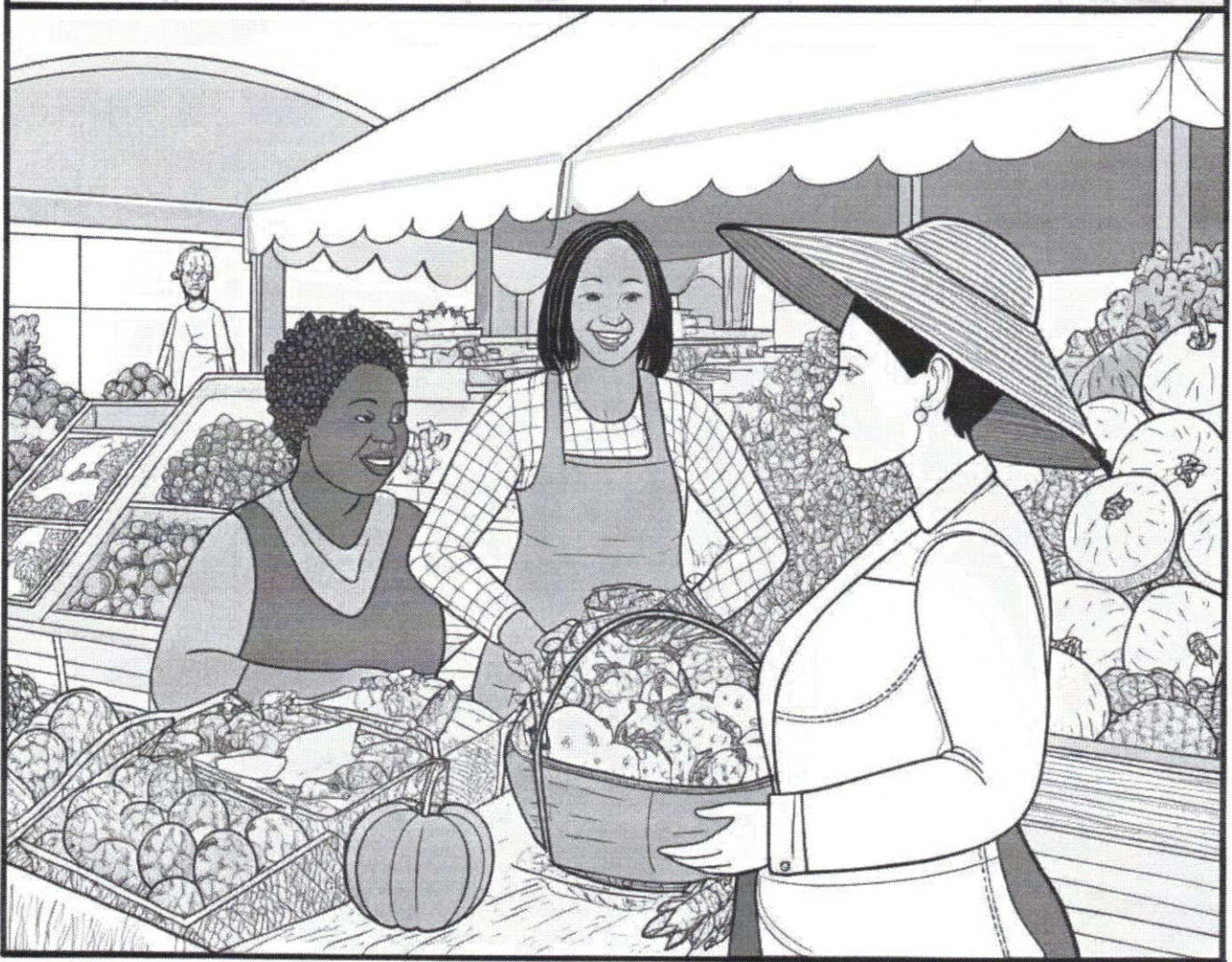
INTEGRATIVE COUNSELING CENTER

I DESERVE TO BE SUPPORTED



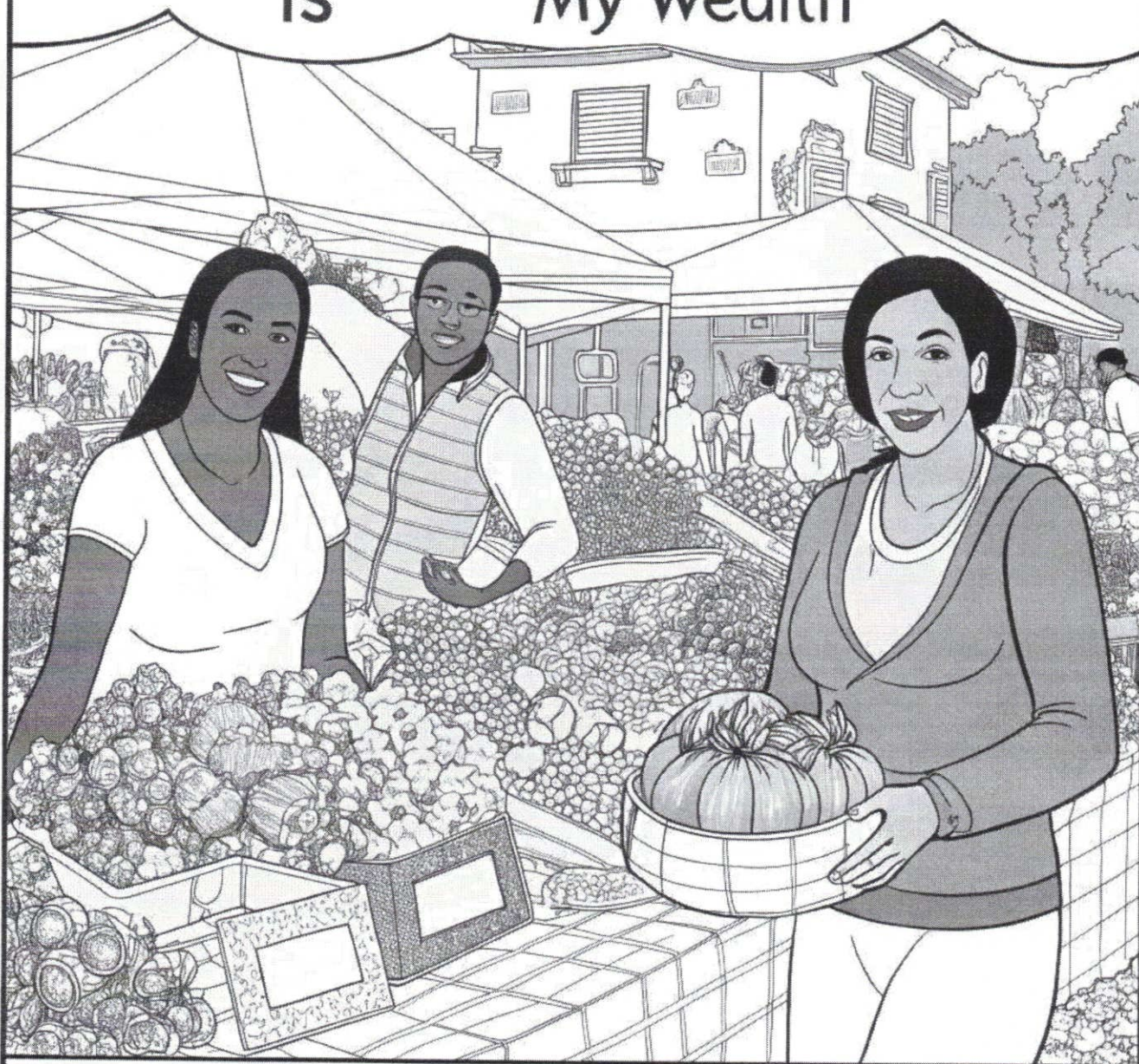
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MY HEALTH IS MY *wealth*



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MYHEALTH is My Wealth



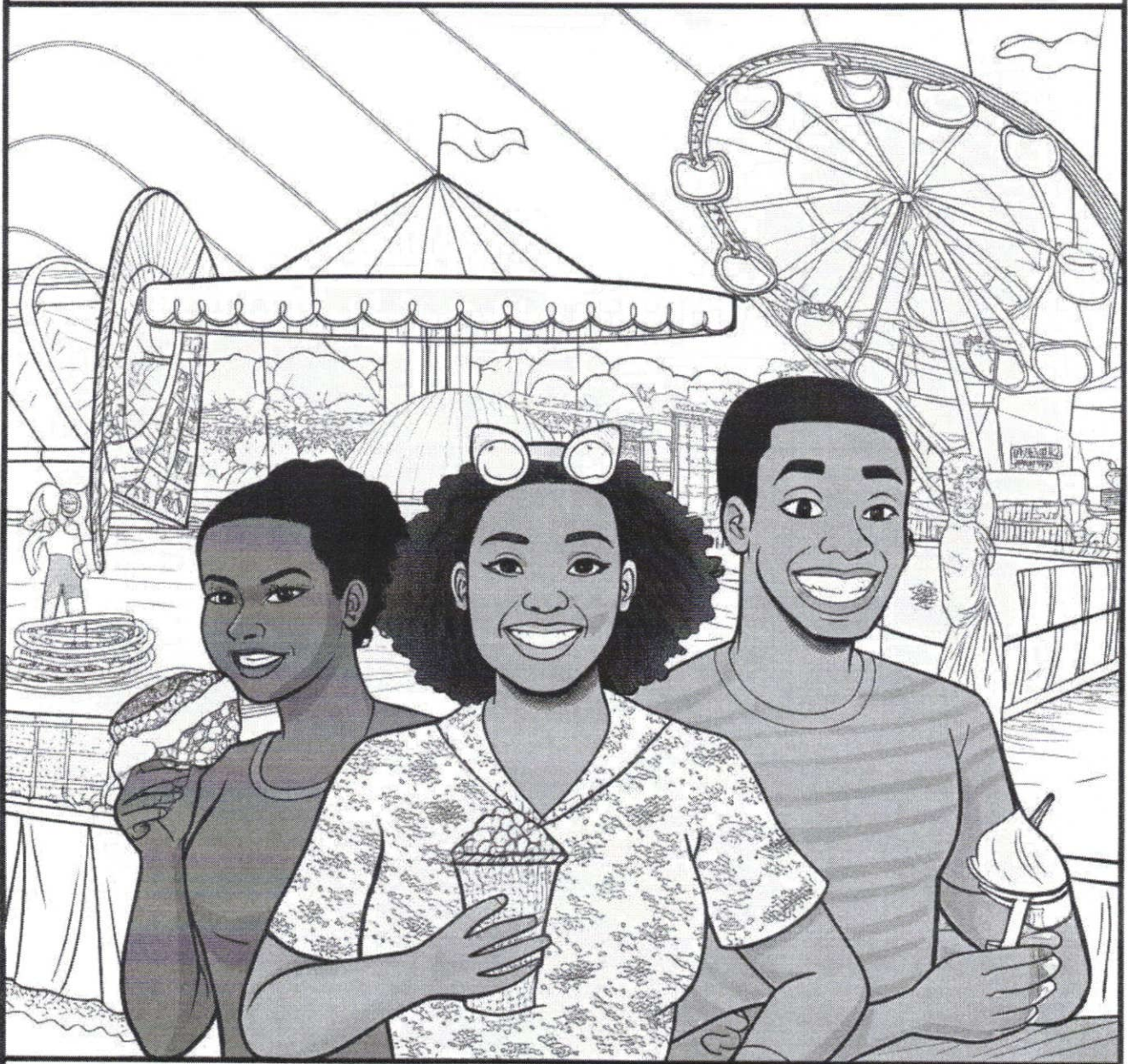
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I Can Prioritize Fun



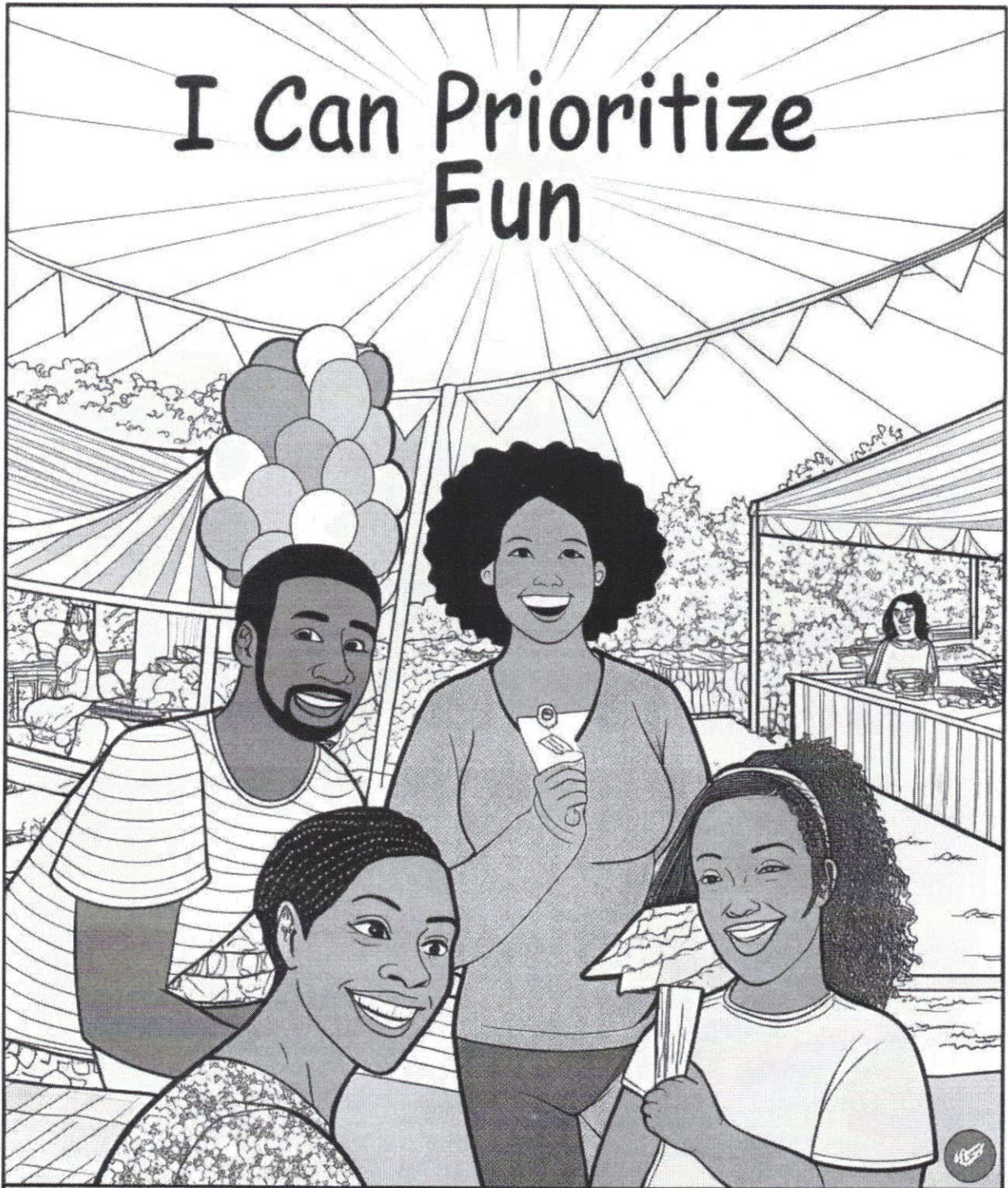
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I can Prioritize Fun



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I Can Prioritize Fun

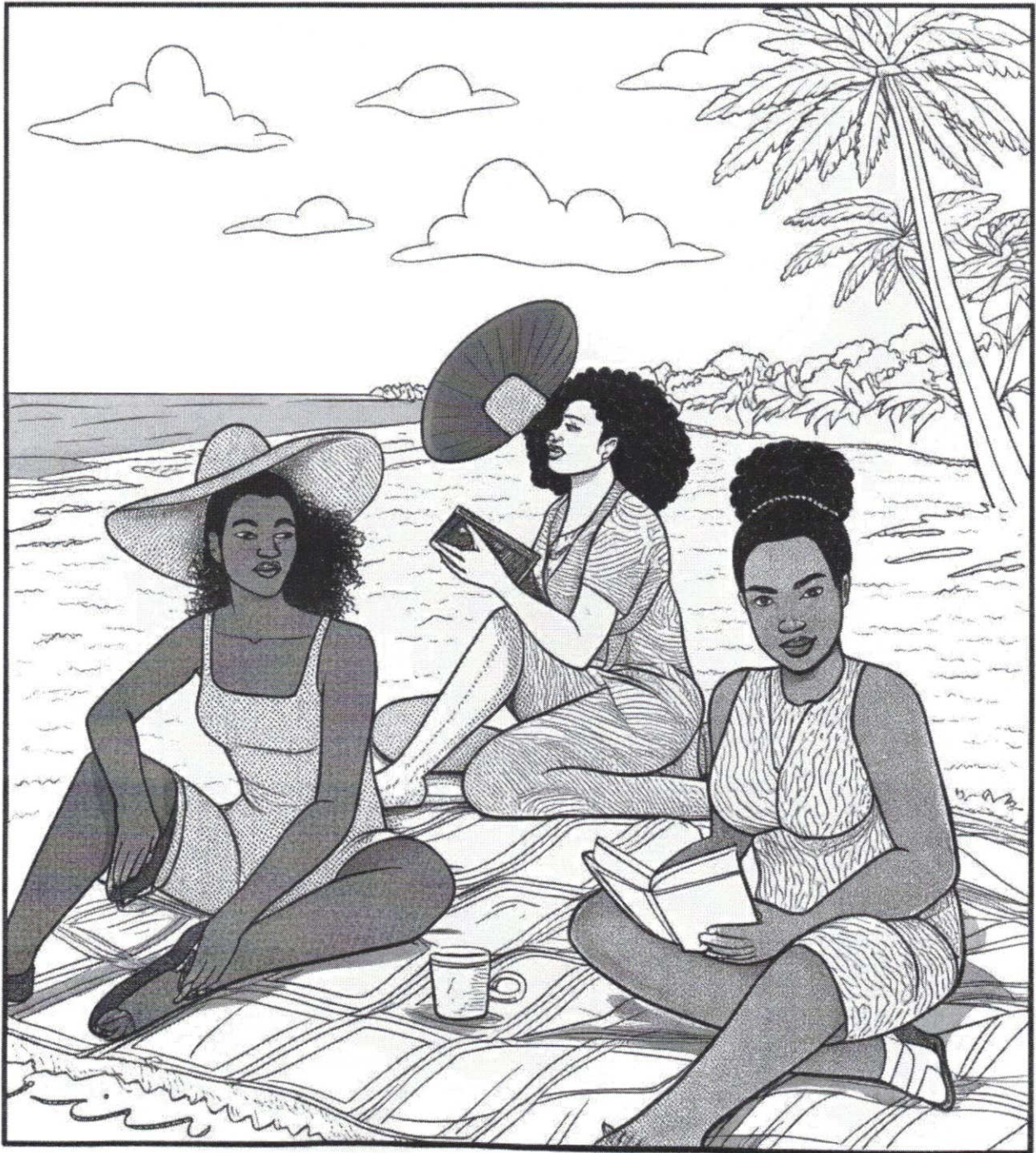


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Travel Is My THERAPY



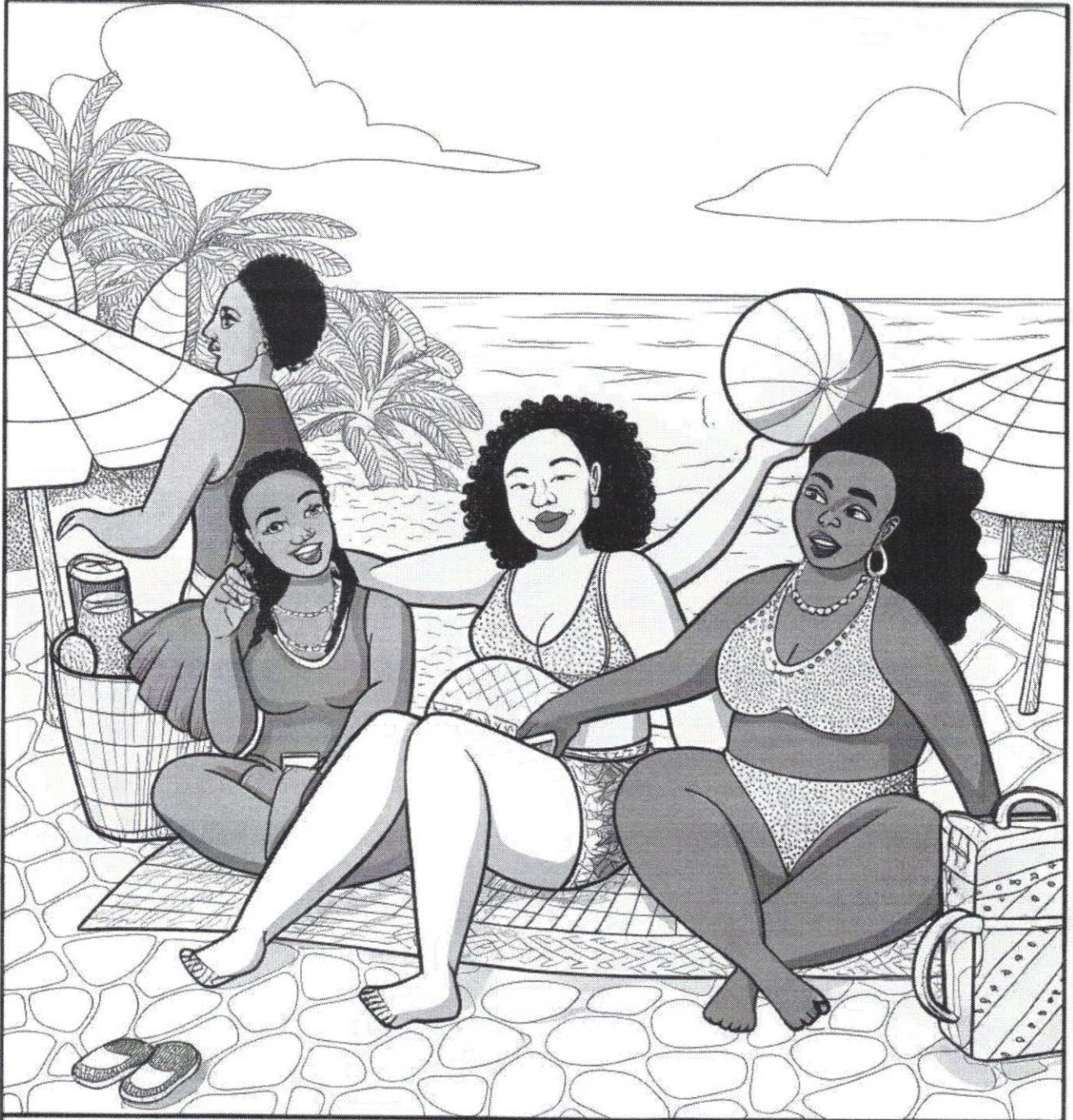
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TRAVEL IS MY THERAPY

INTEGRATIVE COUNSELING CENTER

TRAVEL IS MY THERAPY

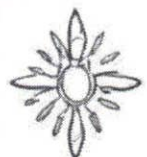


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I PRIORITIZE MY MENTAL HEALTH



INTEGRATIVE COUNSELING CENTER

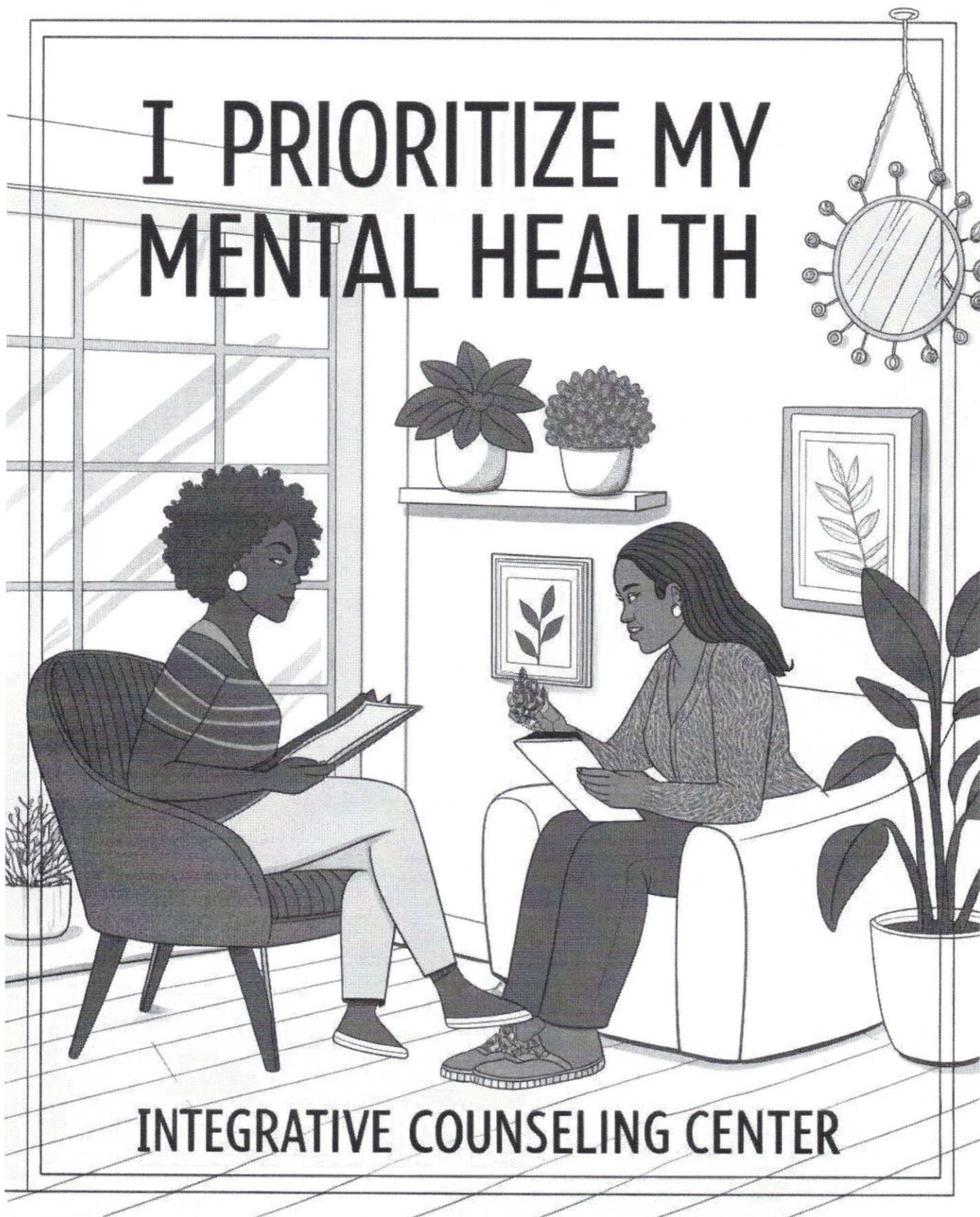


I PRIORITIZE MY MENTAL HEALTH



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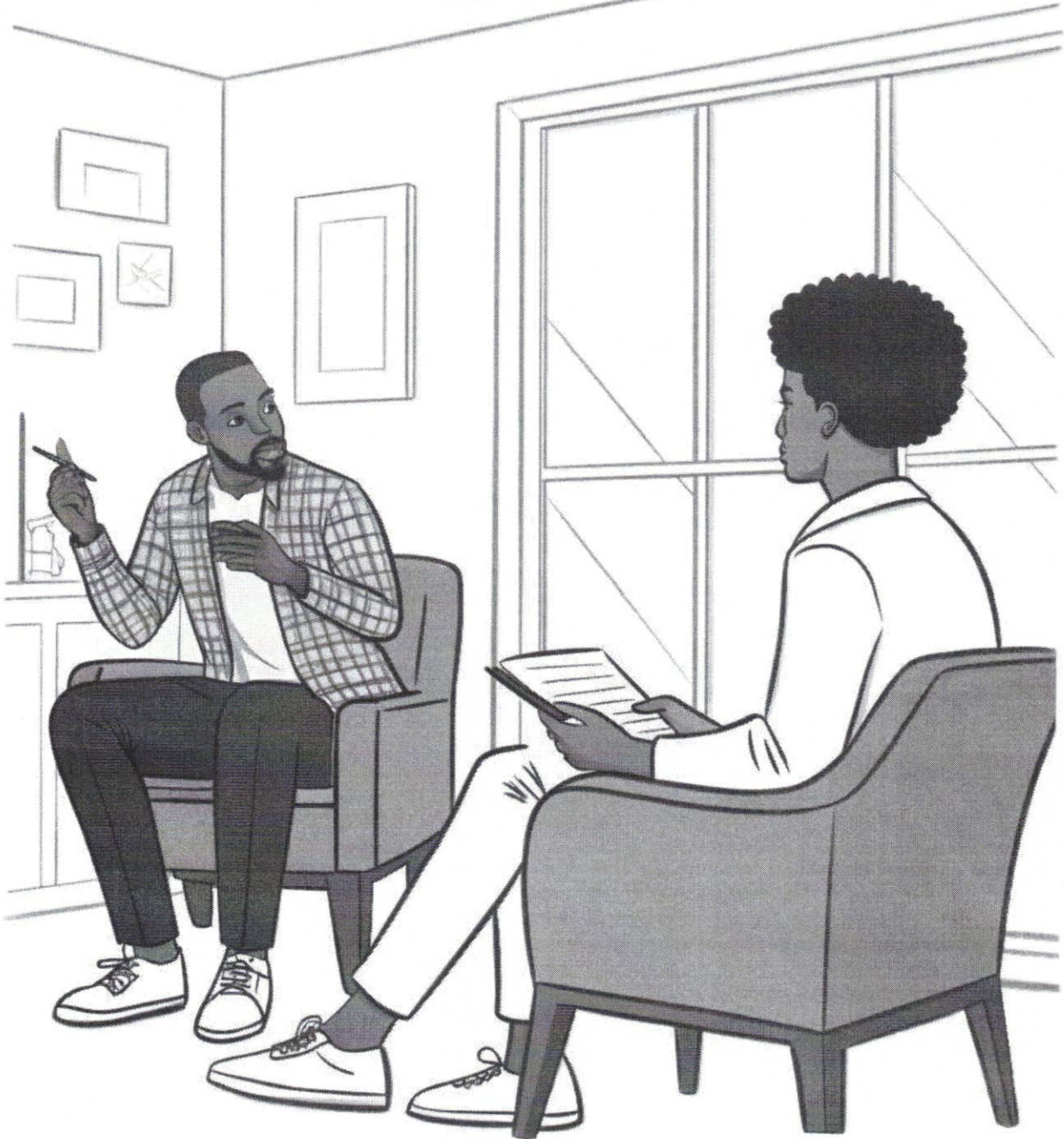
I PRIORITIZE MY MENTAL HEALTH



INTEGRATIVE COUNSELING CENTER

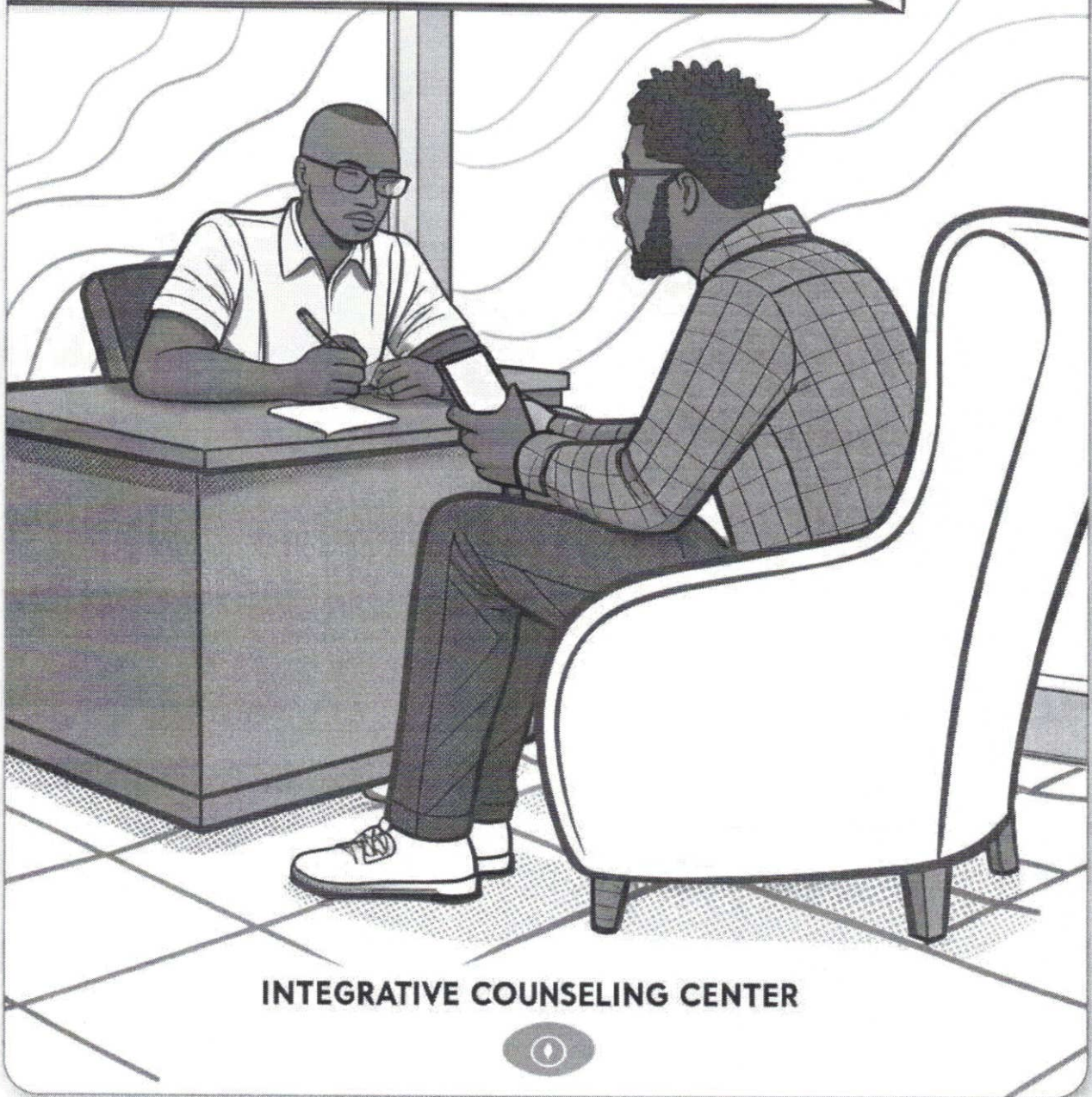
I PRIORITIZE MY MENTAL

Health



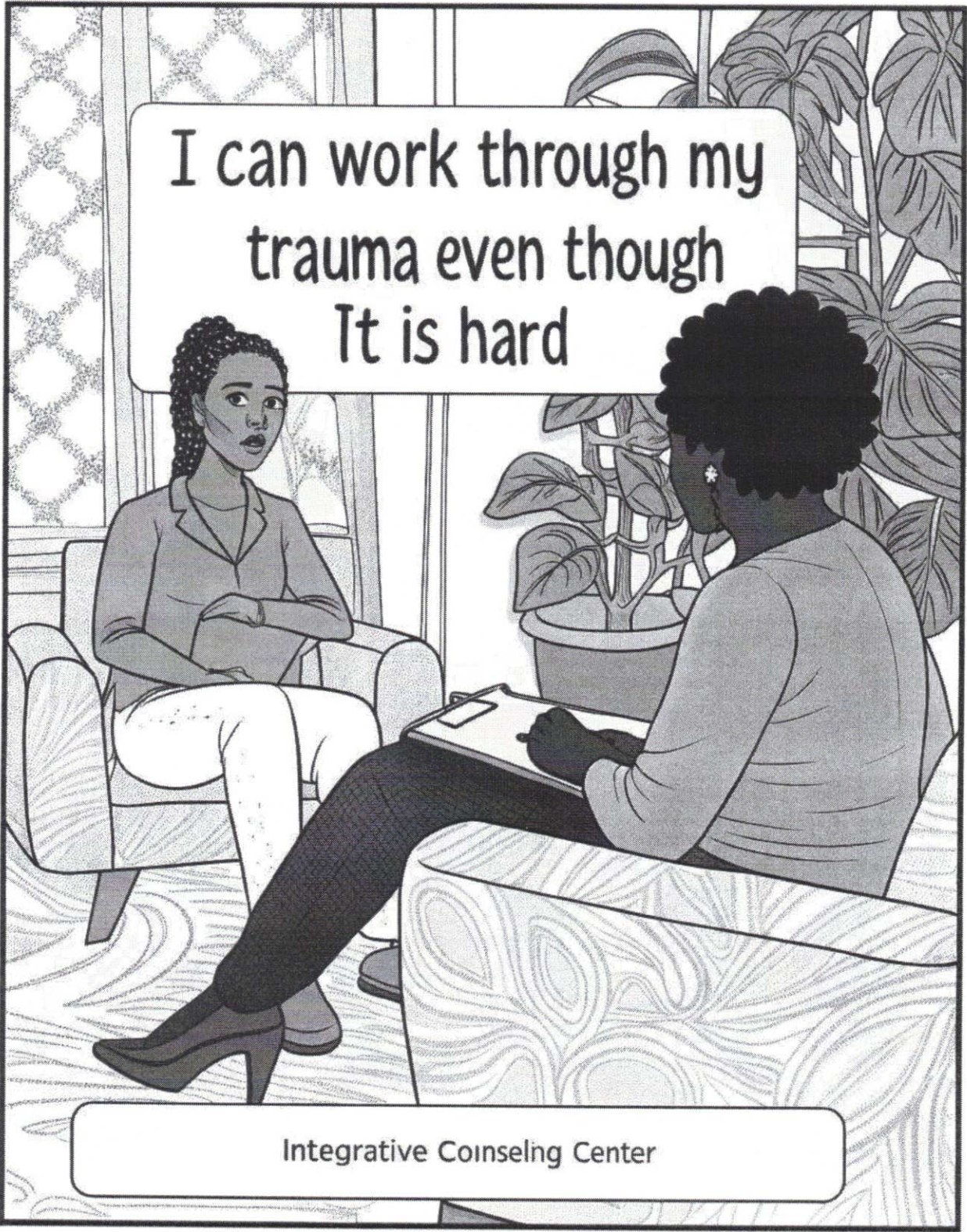
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I PRIORITIZE MY MENTAL HEALTH



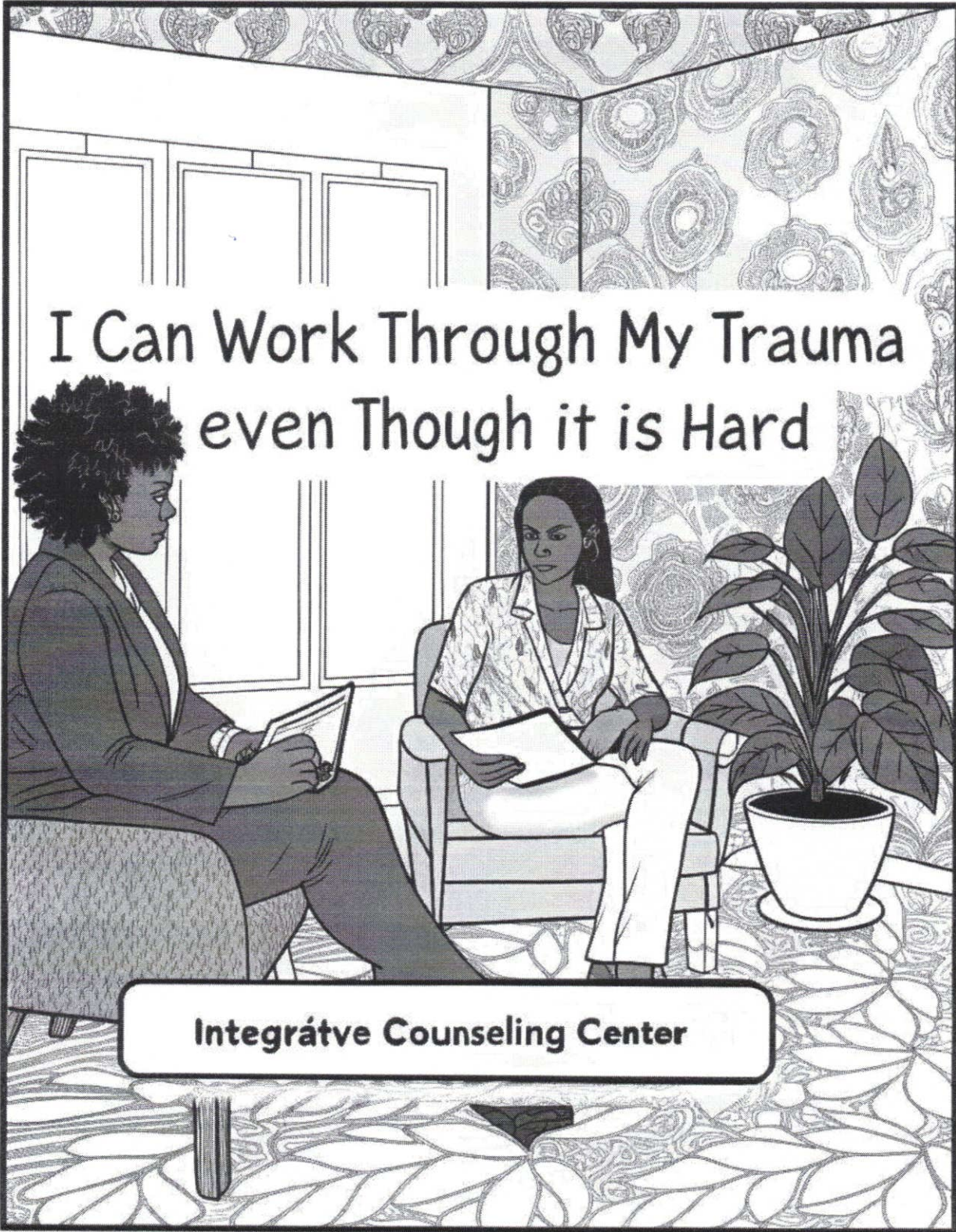
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I can work through my
trauma even though
It is hard

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A black and white line drawing of a counseling session. On the left, a woman with short, curly hair, wearing a dark blazer, sits in a chair and holds a clipboard. On the right, a woman with long hair, wearing a patterned shirt and light pants, sits in a chair and holds a piece of paper. They are in a room with patterned wallpaper, a window with multiple panes, and a large potted plant on the right. The floor has a leaf pattern.

I Can Work Through My Trauma
even Though it is Hard

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*I Can Enjoy
Beautiful things.*



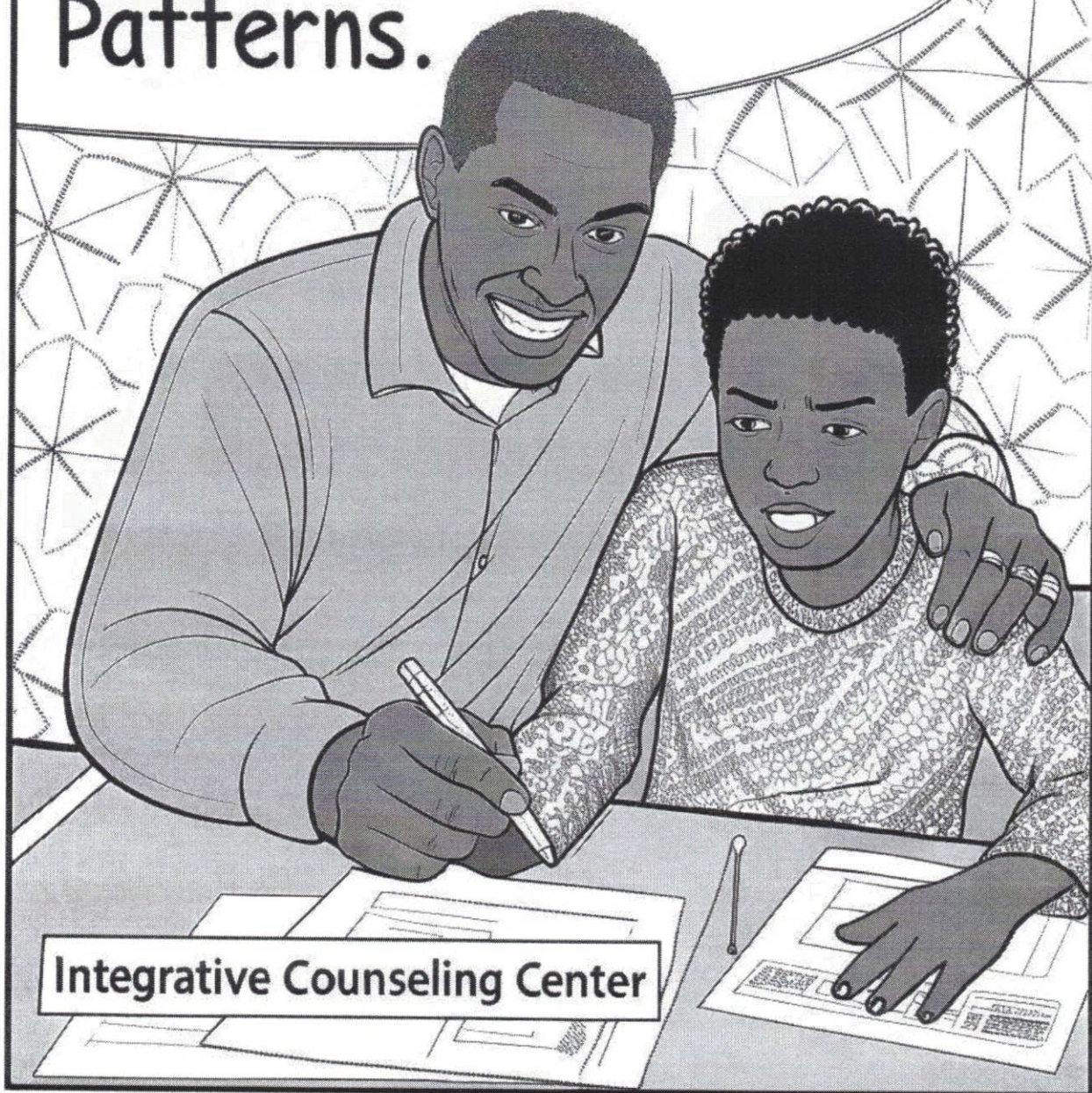
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I Can Enjoy Beautiful Things



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**I Am Breaking
Negative Generational
Patterns.**



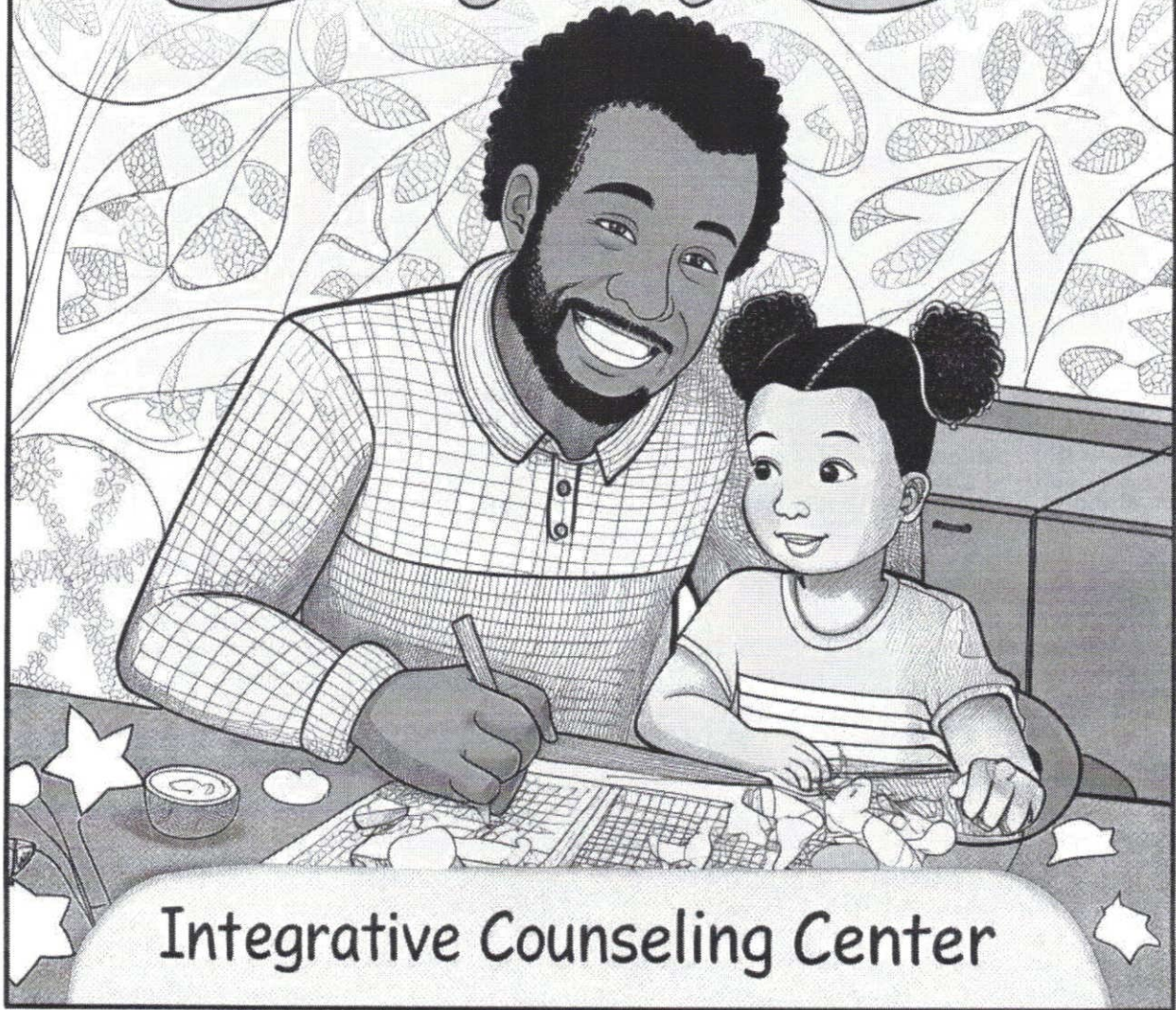
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I Am A Good Mom

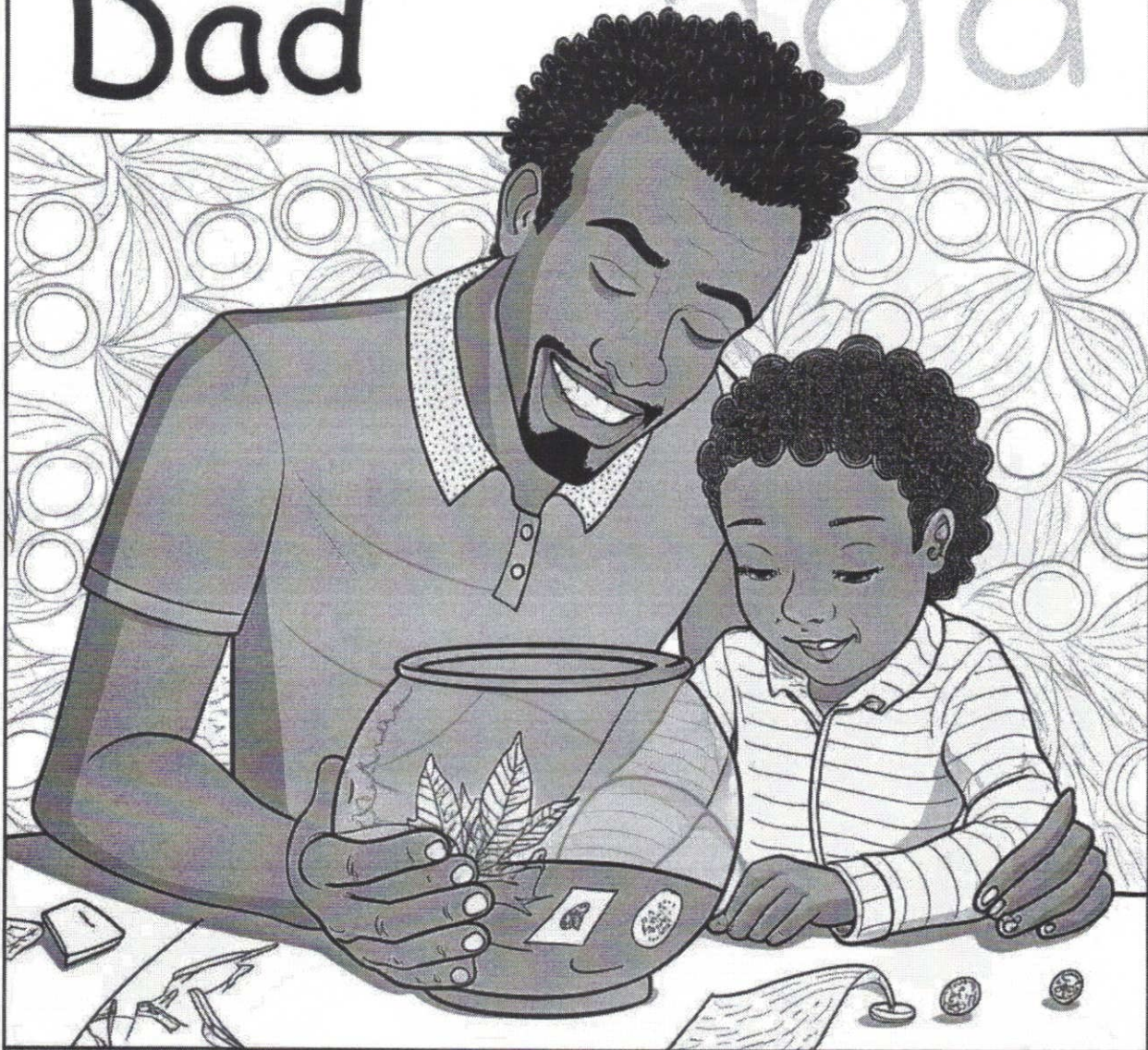


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I Am A Good DAD



I Am A Good Dad



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Family is Important



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Family is Important



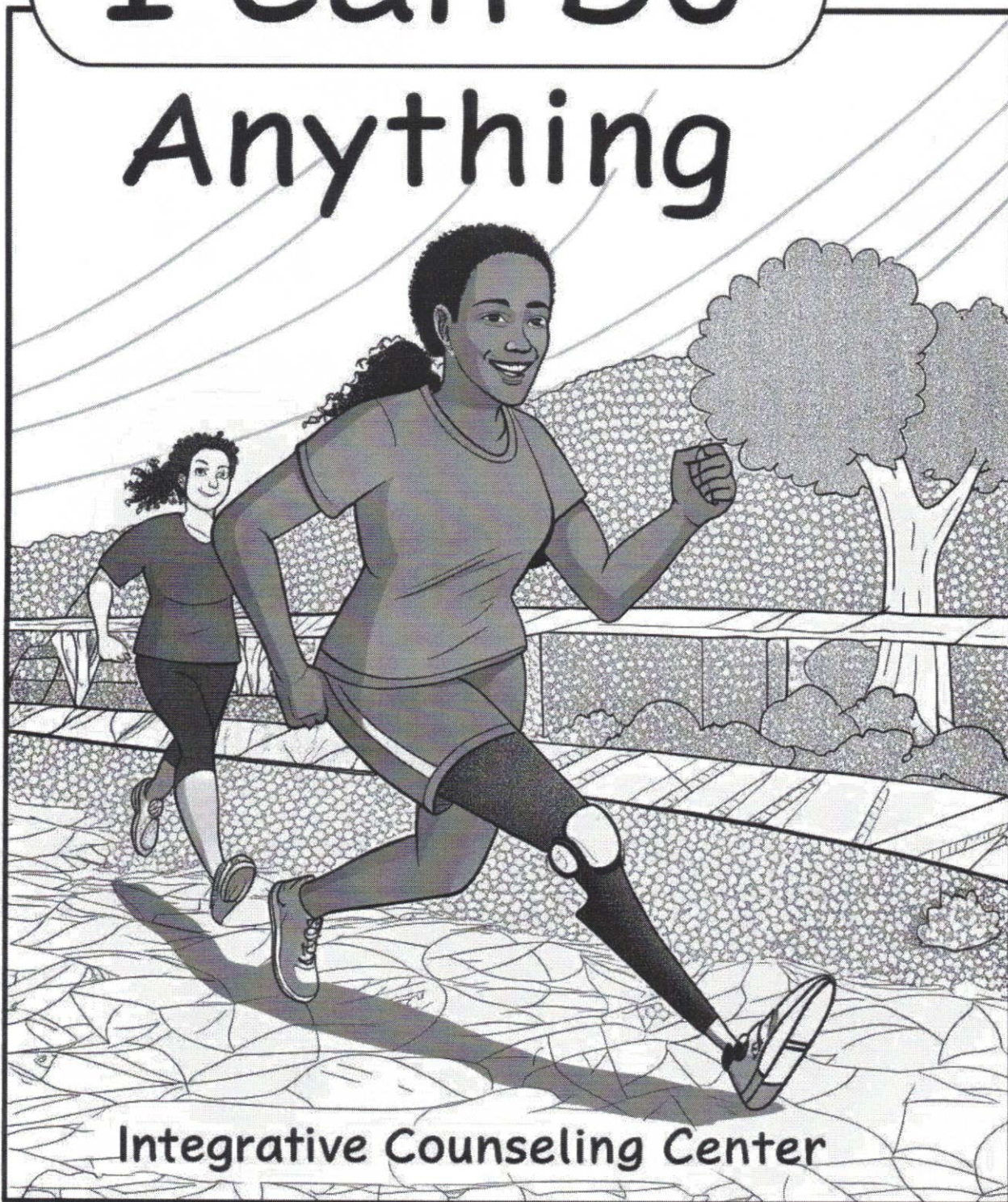
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I Am Enough



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I Can Do Anything



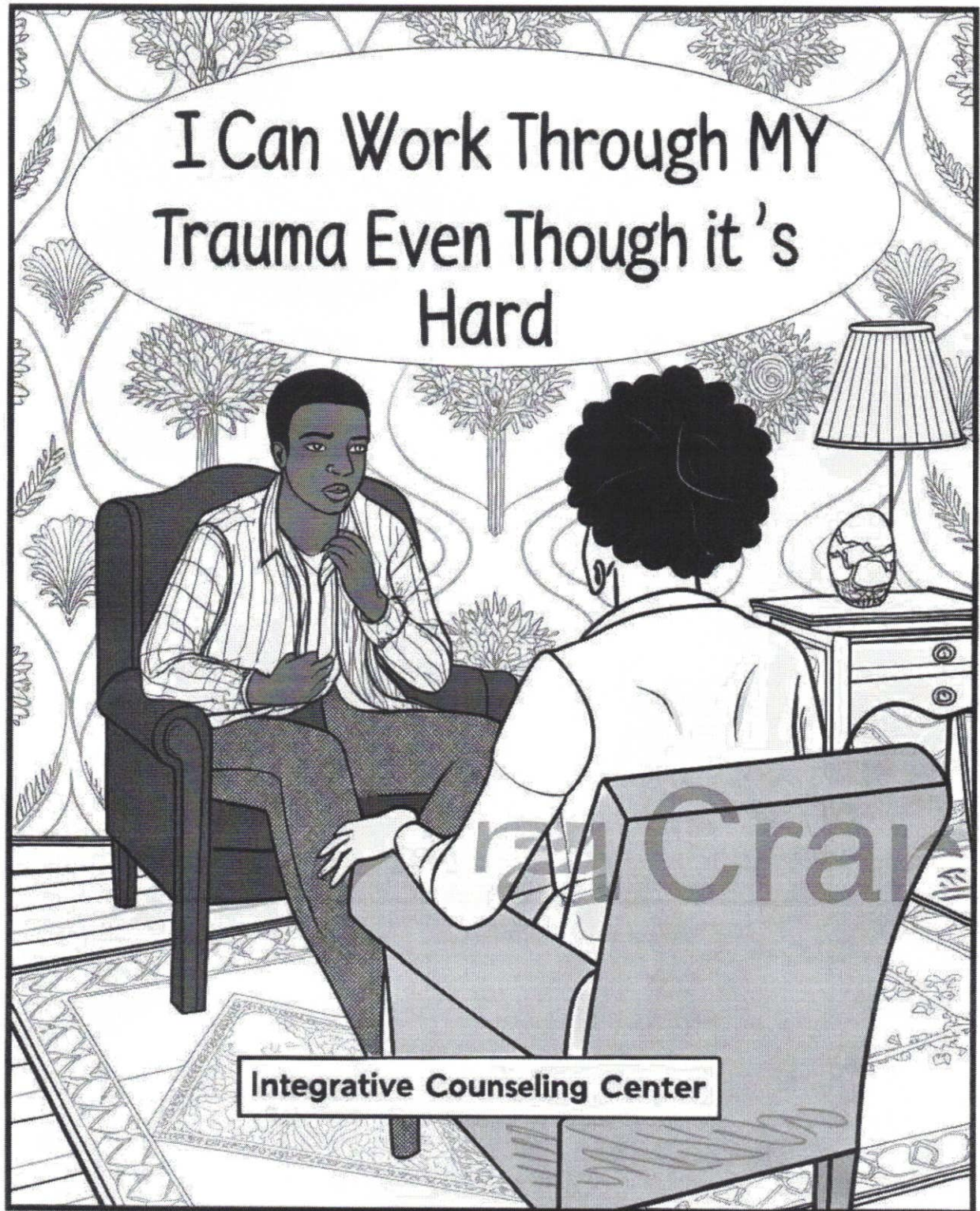
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I Can Do Anything



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I Can Work Through MY
Trauma Even Though it's
Hard



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I can work through
my trauma even though
it's hard



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