



Match the numbers to the colors below and color accordingly. As you color each section, read the matching affirmation to support your mental health and feel calm, confident, and happy!

#	Color	Affirmation
1	Red	I am enough
2	Red Orange	My challenges help me grow
3	Orange	I matter
4	Yellow	My future is great
5	Magenta	I am an amazing person

#	Color	Affirmation
6	Pink	Every day is a fresh start
7	Light Green	I am capable
8	Dark Green	I ask for help when I need it
9	Blue	My feelings are valid
10	Purple	Everything will be okay

