

# The Happy Reminders

Mini Coloring Book!

Christina Brittain

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## Introduction

Hello! I'm so glad you like coloring – and that you enjoy messages about the goodness of life, and about how wonderful you are! You ARE amazing! And you deserve to know it!

What I love about the format of a coloring book is that it's not just me telling you that you're awesome. It's YOU telling you. Reading positive quotes is certainly wonderful! But using crayons and paper to color in positive statements allows you receive those messages on whole new levels. You meditate on them. Absorb them. And literally imprint them into your body as well as your mind.

This mini coloring book is a little reminder that you are an extraordinary person! And it invites you to color in those reminders as affirmations of your own brilliant goodness! You get to take matters into your own hands and practice celebrating yourself and life! Coloring itself feels good and is relaxing and fun. Even more than that, when you color these positive statements about yourself and life, you are taking concrete steps toward self-love and expanded thinking! It will encourage you to consider the positive and to say the positive, which will help you create an experience of more possibility and joy!

The pages in this *Happy Reminders Coloring Book* are taken from each of my 2 books to give you a fun sampling of both! Feel free to photocopy these pages and share them with your friends and family! I'd love to help make self-love and well-being more available to everyone! If you'd like to have even more positive messages, there are 40 each in my 2 books, *The Lighten Your Vibe Coloring Book* and *The Comfort Coloring Book*. Have fun coloring! And revel in knowing that you are amazing and life loves you!

All my love too!  
Christina Brittain

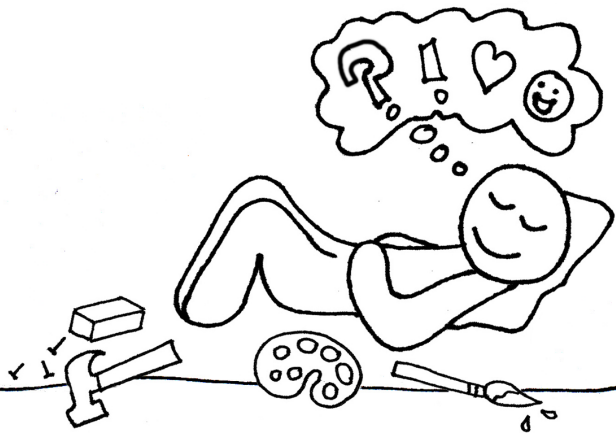


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## Coloring suggestions for fun and freedom!

1. Color outside the lines (or not!).
2. Toss out any ideas about what color things are supposed to be.
3. Add your own words.
4. Use crayons, pens, colored pencils, pastels, paint, glitter, sequins, stickers, magazine cutouts, feathers....(you get the idea).
5. Draw in extra stuff – a mustache on that flower? Polka dots on that bear?
6. Write journal entries on the back (or front) of the drawings.
7. Color only part of a picture.
8. Color on your lunch break to relax and reset.
9. Color with friends over a glass of wine – or coffee and cake!
10. Color in silence - or with your favorite music - whatever feels best.
11. Color under your bedspread with a flashlight.
12. Color alone for quiet time or meditation.
13. Color with your kids, your parents, you siblings or spouse.
14. Mail one to a friend – color it in, or send it blank with some crayons in the envelope.
15. Hang your favorite drawings on the wall of your office (or bedroom or kitchen).
16. Sing songs while you color.
17. Dance while you color.
18. Do yoga while you color.
19. Light a candle or incense while you color.
20. Read the words out loud to yourself.
21. Give yourself every freedom possible – with this book and in life in general.

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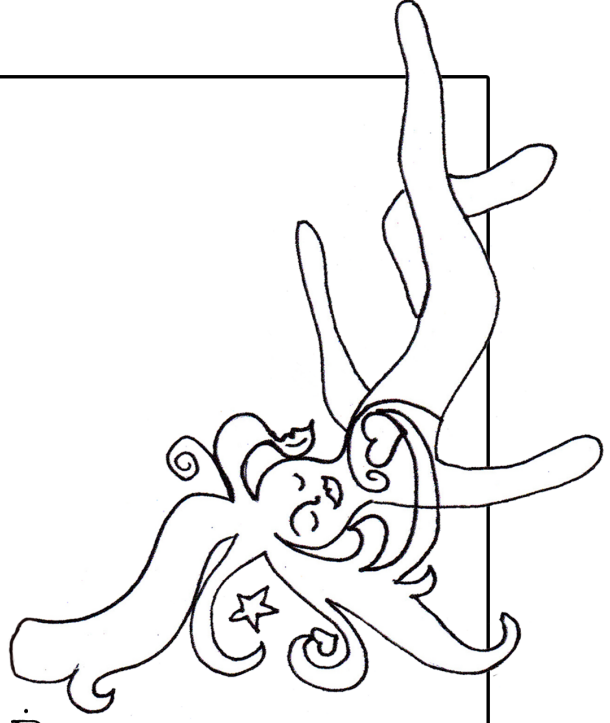




I think thoughts  
that feel good  
in my body

Think thoughts that feel good

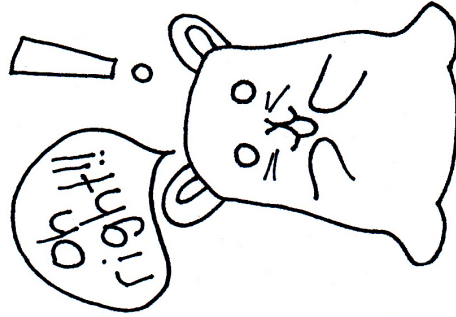
Your mind is your reality.  
What you think is what you experience.  
Have more fun in there!  
Daydream because it's a joy!  
Tell more jokes and look for what's funny!  
Think kindly toward yourself and others  
because it brings you peace and possibility.  
Notice the beauty all around you  
and linger in your appreciation of it.  
Explore what feels good to think about!  
Then you can follow your smiling heart  
and body  
into whole new ways of being.

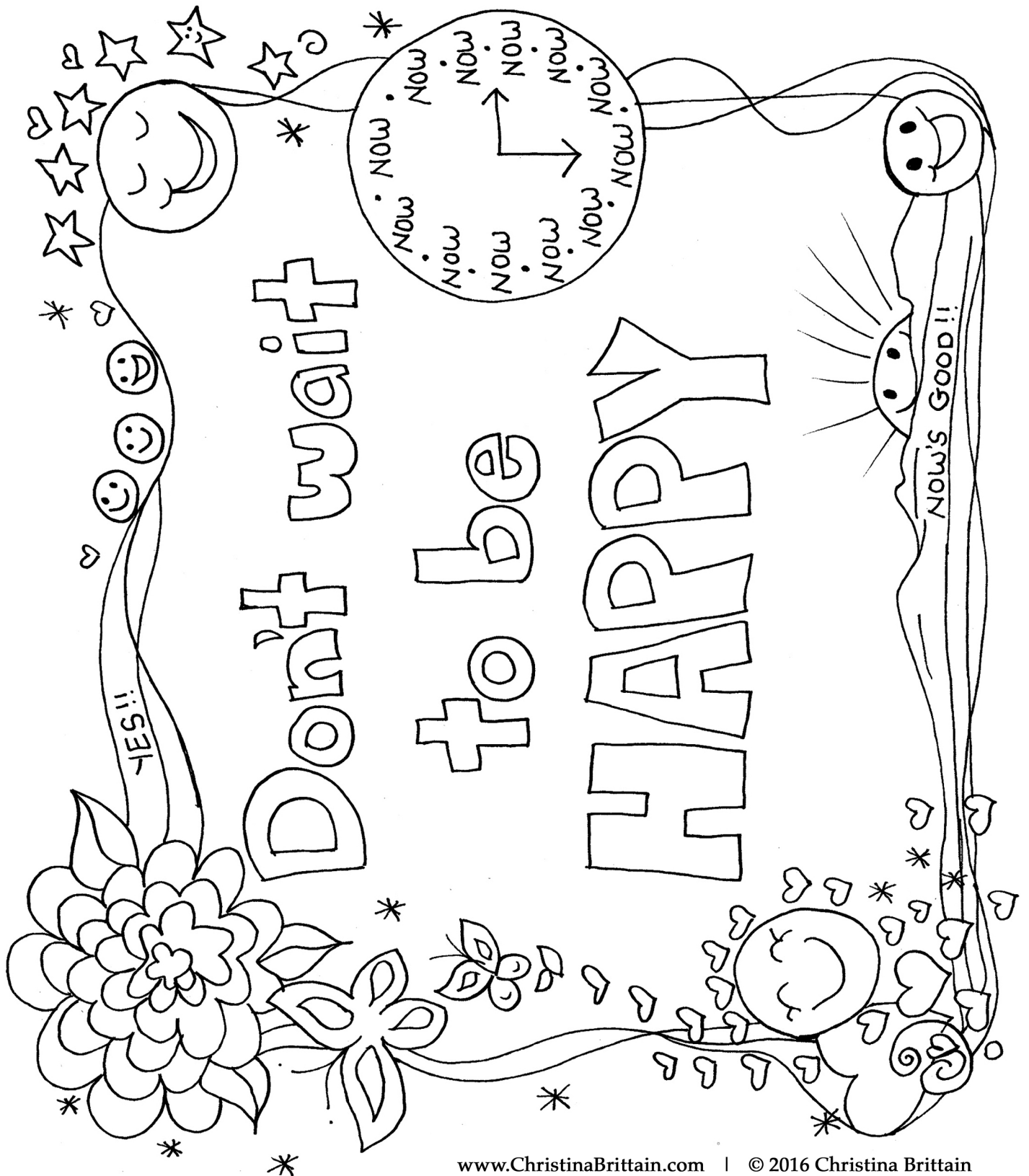




Seriously?

Ha ha ha ha ha!  
You had yourself going there for a second, didn't you?!  
Did you forget you are made of Light?  
Did you forget that none of the details really matter  
when the bottom line is Joy?

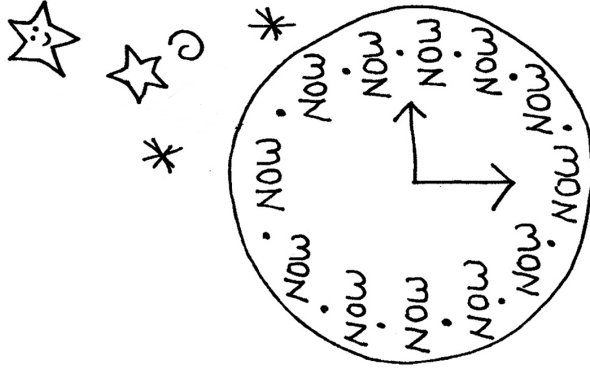


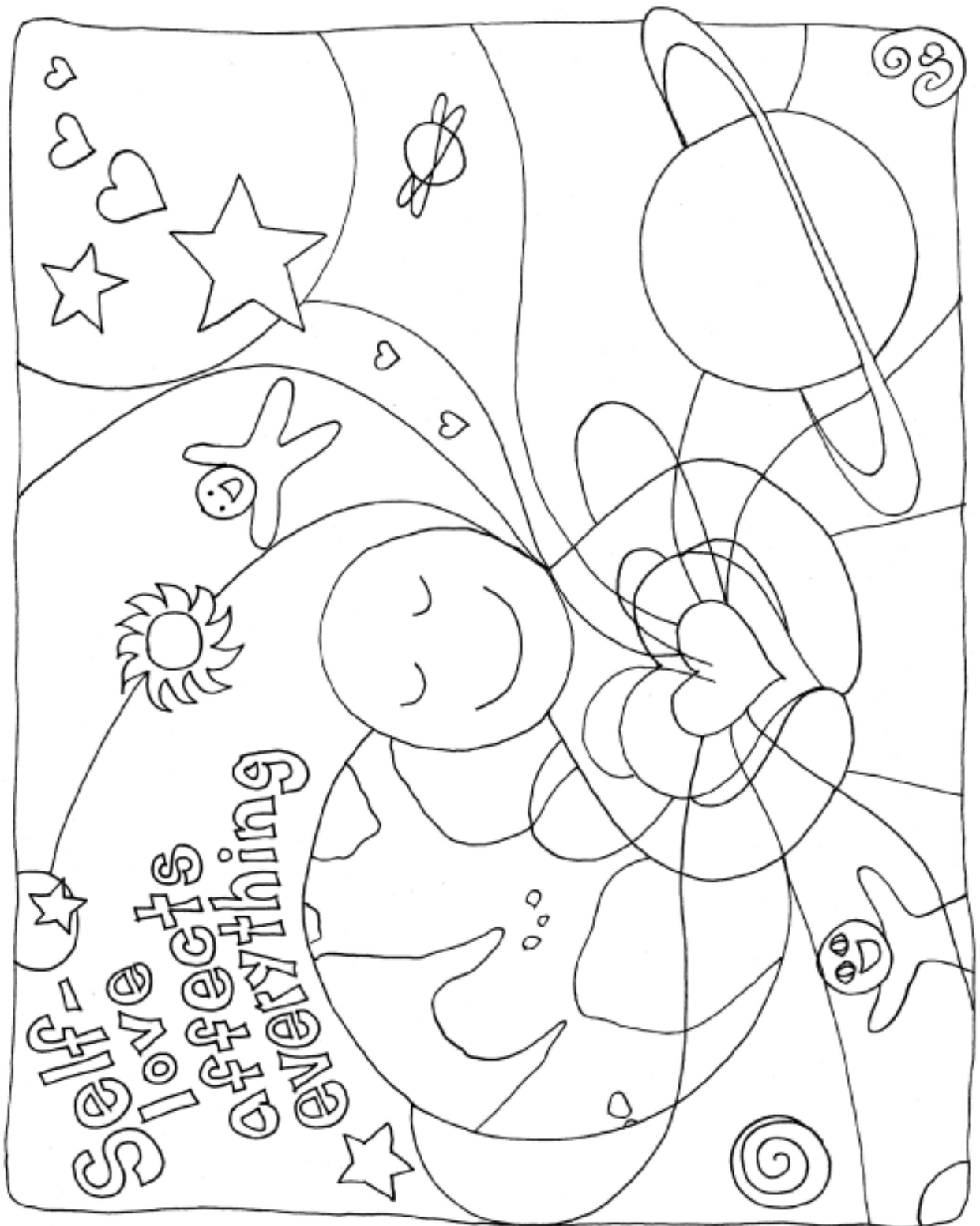




Be happy now!

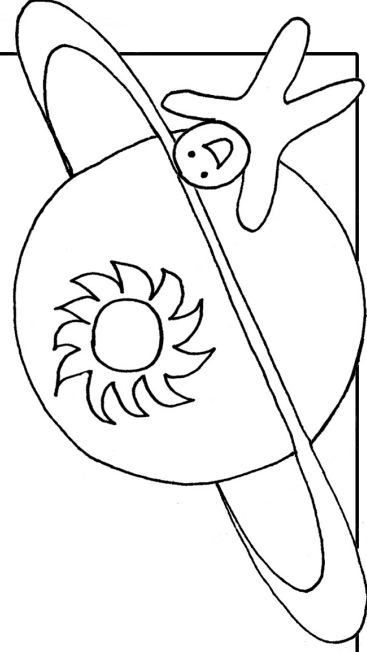
You may not have heard yet  
but happiness is free!  
It's available now  
and you don't have to pay for it!  
Seriously!  
No need to achieve anything first  
wait for someone to give it to you  
or earn it in any way.  
Ta da!  
No waiting!  
All yours!  
Be happy now  
and because all the nows turn into your life  
you're guaranteed a happily ever after.  
Pass it on!

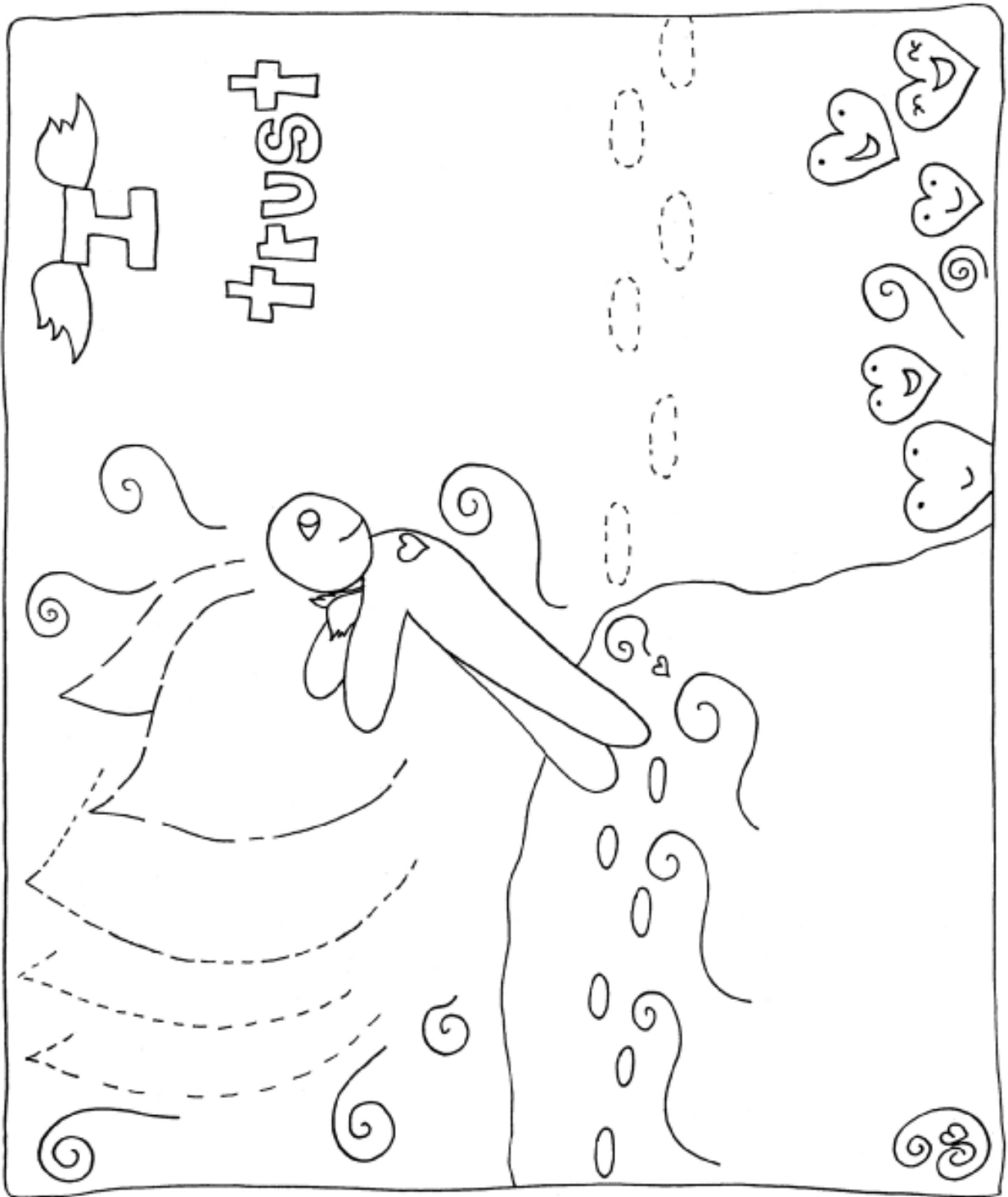




Self-love affects everything

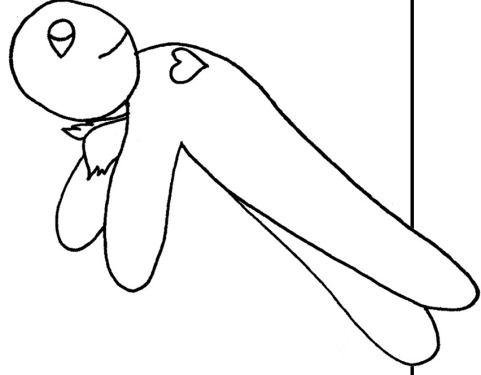
You ARE the Universe.  
What you do for you  
you do for All Things.  
Treat yourself with kindness and respect.  
Have compassion for every part of you.  
Believe in your goodness.  
Support your own dreams.  
Then you add more of all that  
to the entire universe.  
Everything is connected.  
Loving you  
is your most direct way  
to create more love everywhere.

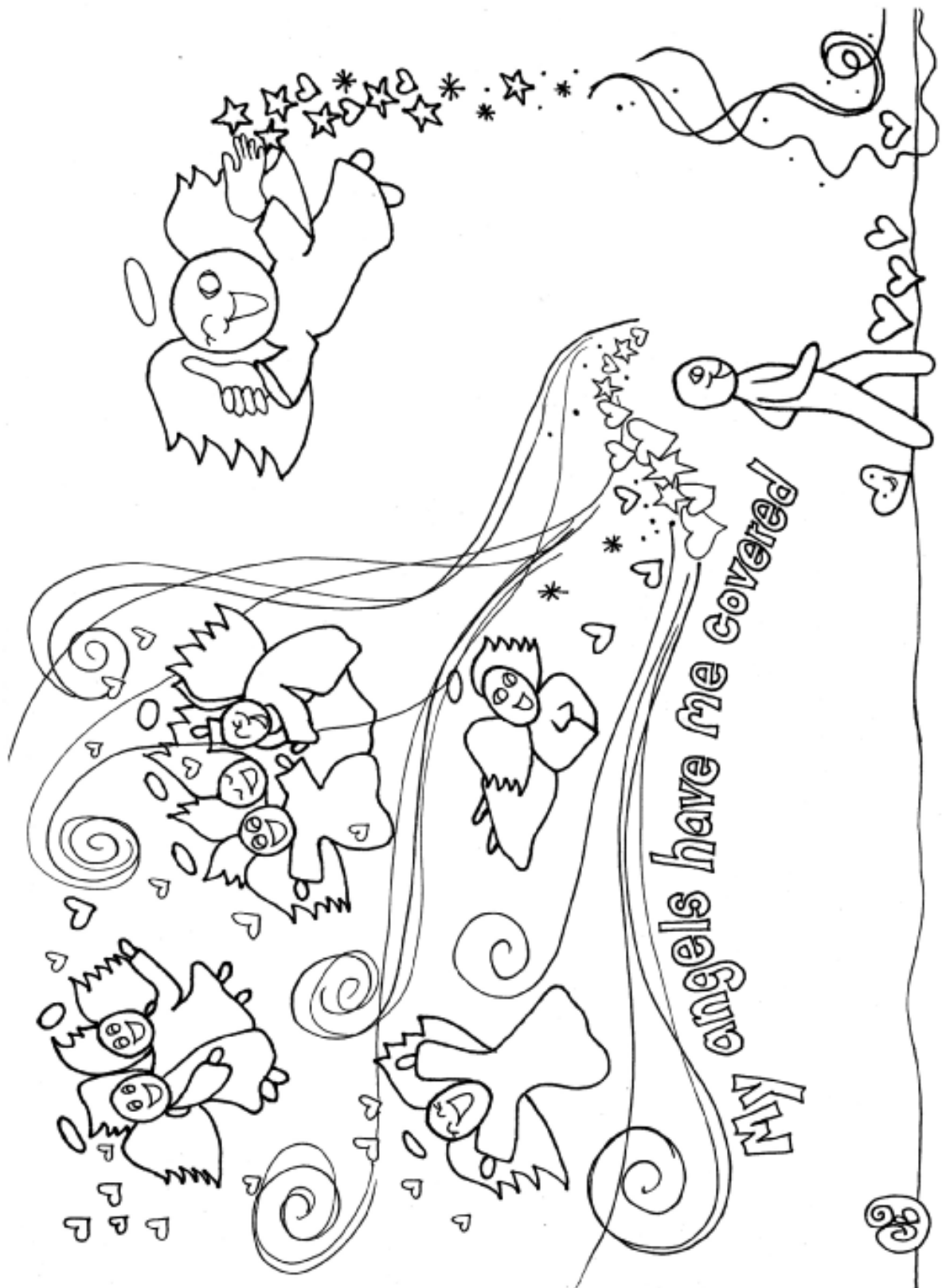




Trust

Trust your heart  
because it really does know.  
Trust your body  
because it really is your friend.  
Trust life  
because it really does love you.





## Angels

We're all in this together.  
All the beautiful souls -  
visible

and invisible -  
cheering for each other!

Did you know that every step you take  
is blessed and celebrated?

Go ahead -  
it's safe to walk your path.  
It's a parade route, you know!



## About the Author

Christina Brittain holds a Masters of Fine Arts in Dance, a Masters level professional diploma in Expressive Arts Therapy, and a wide variety of certifications in energetic medicine. Christina grew up naturally combining arts and energy for personal growth and awareness. One of her earliest memories was of being taken to see a Native American shaman. By age 5, she was drawing, writing poems and dancing to intentionally express her feelings and shift her mood. Today, her inspirational cartoons, intuitive counseling practice, and workshops focus on the conscious use of thought and imagination to create more inner freedom and joy. Christina is the Vice President of The Patrice M. Cox Foundation, which is dedicated to helping people learn how to love themselves. She is the author of *The Comfort Coloring Book*, and *The Lighten Your Vibe Coloring Book*. Christina lives in San Diego, surrounded by beauty and an extraordinarily wonderful group of friends. You can find out more about her work at [www.ChristinaBrittain.com](http://www.ChristinaBrittain.com).

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