



# Colour Life Your Way



MINDFULNESS COLOURING BOOK



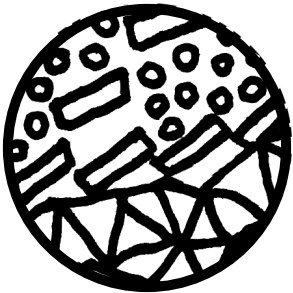


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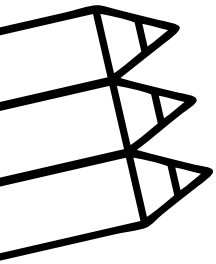
THIS MINDFULNESS COLOURING IN BOOK WAS DESIGNED  
BY YOUNG PEOPLE FOR YOUNG PEOPLE.



THANKS TO ASHLEIGH, CAROLINE, CHLOESHA, JULIA, KHESAN, TJ  
AND OTHER CREATE YOUNG CONSULTANTS WHO MADE DESIGNS,  
PATTERNS AND GAVE FEEDBACK IN THE WORKSHOP..



TAKE A BREATH...  
MAKE YOURSELF A HOT DRINK...  
AND REFLECT...  
WHILE YOU 'COLOUR LIFE YOUR WAY'



LEAVING CARE TO LIVE INDEPENDENTLY CAN BE A POSITIVE  
EXPERIENCE IF YOU HAVE ACCESS TO THE RIGHT INFO AND SUPPORT.  
IT IS ALSO IMPORTANT TO PAUSE, REFLECT, TAKE CARE OF YOURSELF  
AND BE MINDFUL AMIDST THE JOURNEY.

PLEASE VISIT [WWW.CREATEYOURFUTURE.ORG.AU/T2A](http://WWW.CREATEYOURFUTURE.ORG.AU/T2A) FOR MORE INFO  
OR TO DOWNLOAD A PDF COPY OF THIS BOOKLET.



"ENCOURAGE, LIFT AND STRENGTHEN ONE ANOTHER. FOR THE POSITIVE  
ENERGY SPREAD TO ONE WILL BE FELT BY US ALL.  
FOR WE ARE CONNECTED, ONE AND ALL."

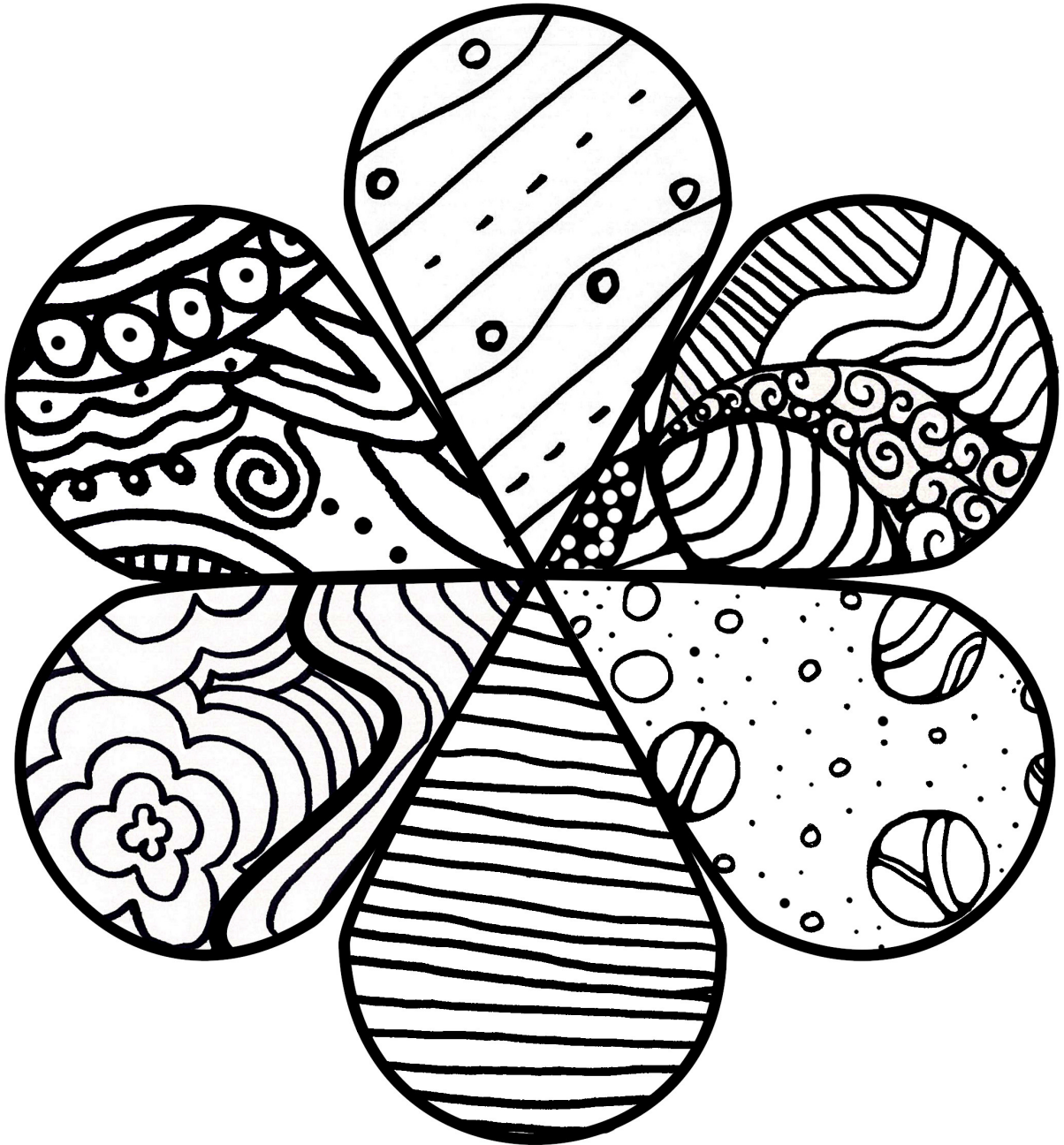
-DEBORAH DAY



REFLECT UPON THE POSITIVE FRIENDSHIPS AND NETWORKS IN YOUR LIFE

"DO WHAT MAKES YOUR SOUL SHINE."

-ANONYMOUS

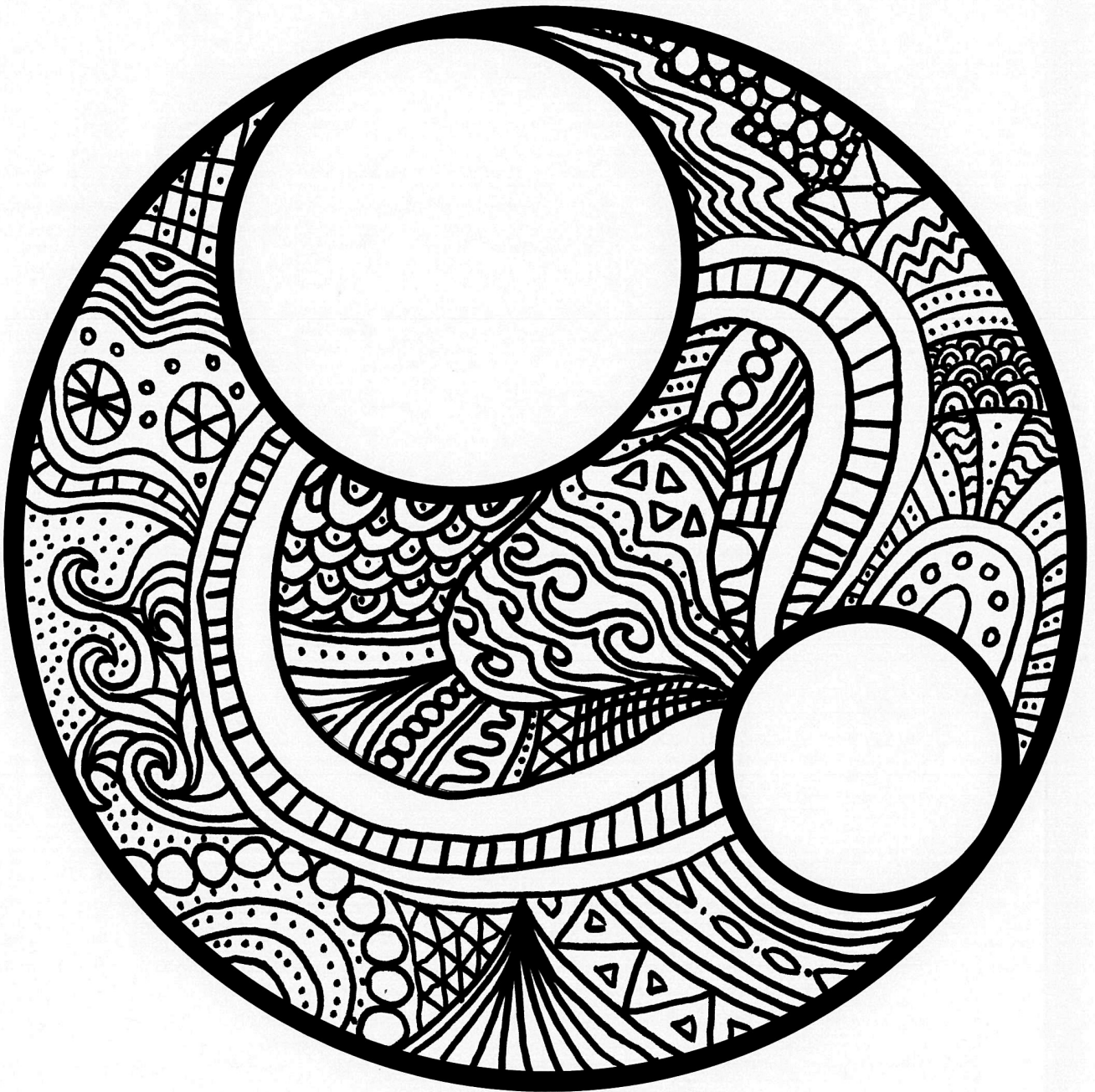


WHAT BRINGS JOY TO YOUR LIFE?

REFLECT UPON POSITIVE ACTIVITIES THAT MAKE YOU FEEL ALIVE.

"WALKING WITH A FRIEND IN THE DARK  
IS BETTER THAN WALKING ALONE IN THE LIGHT"

-HELEN KELLER



THINK ABOUT A PERSON WHO YOU TRUST AND WHO CAN WALK WITH YOU  
THROUGH VALLEYS AND PEAKS

"MY GOAL IS NOT TO BE BETTER THAN ANYONE ELSE,  
BUT TO BE BETTER THAN I USED TO BE."

- WAYNE DYER



THINK ABOUT A PLACE WHERE YOU FEEL SAFE AND PEACEFUL.

"THE LAND IS THE MOTHER AND WE ARE OF THE LAND;  
WE DO NOT OWN THE LAND RATHER THE LAND OWNS US.  
THE LAND IS OUR FOOD, OUR CULTURE, OUR SPIRIT AND OUR IDENTITY"  
- DENNIS FOLEY, A GAI-MARIAGAL AND WIRADJURI MAN

MAKE YOUR OWN ART REFLECTION HERE:



WHAT HELPS YOU TO FEEL GROUNDED?  
WHAT MAKES YOU FEEL CONNECTED TO YOUR  
COMMUNITY, CULTURE AND LAND?

"YOU HAVE BRAINS IN YOUR HEAD, YOU HAVE FEET IN YOUR SHOES,  
YOU CAN STEER YOURSELF ANY DIRECTION YOU CHOOSE"

- DR SEUSS

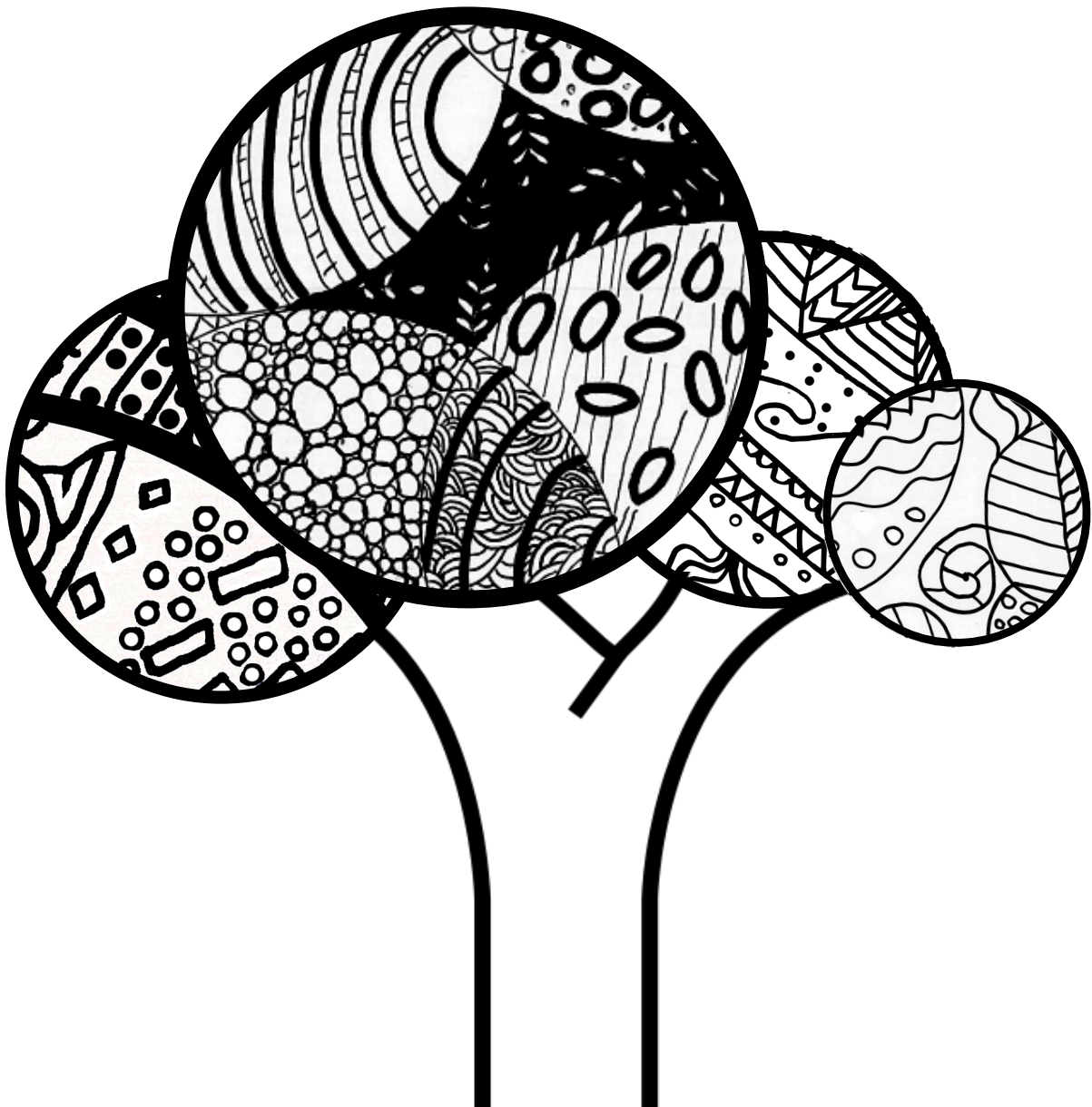


WHAT HELPS YOU FIND DIRECTION AND SETS YOU ON A GOOD PATH?



"REST AND SELF-CARE ARE SO IMPORTANT. WHEN YOU TAKE TIME TO REPLENISH YOUR SPIRIT, IT ALLOWS YOU TO SERVE OTHERS FROM THE OVERFLOW. YOU CANNOT SERVE FROM AN EMPTY VESSEL."

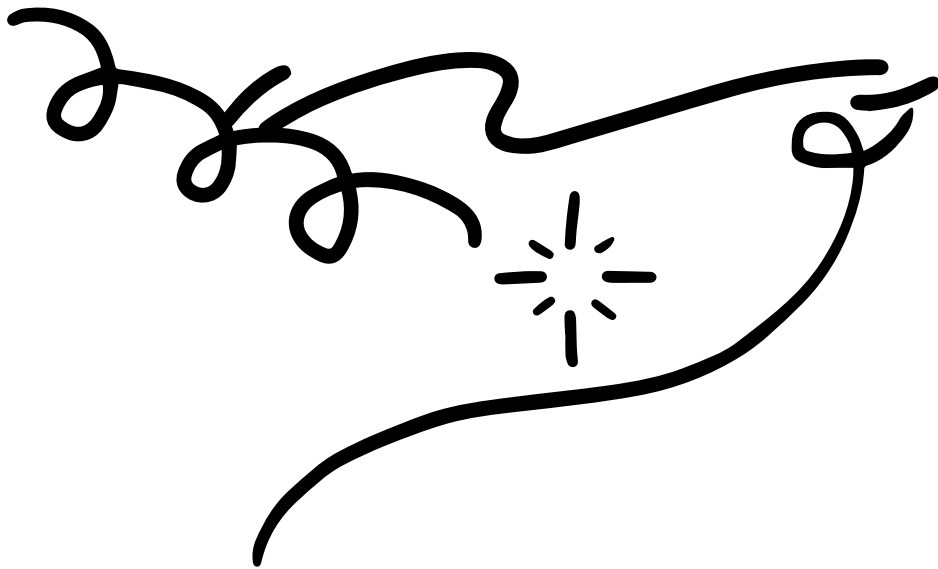
- ELEANOR BROWN



HOW DO YOU LIKE TO RELAX AND UNWIND?

WHAT DO YOU DO FOR SELF-CARE?

"I THINK OUR LIFE IS A JOURNEY, AND WE MAKE MISTAKES,  
AND IT'S HOW WE LEARN FROM THOSE MISTAKES  
AND REBOUND FROM THOSE MISTAKES  
THAT SETS US ON THE PATH THAT WE'RE MEANT TO BE ON."  
- JAY ELLIS



USE THIS PAGE TO SCRIBBLE (AND MAKE MISTAKES)

"NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS 'I'M POSSIBLE'."

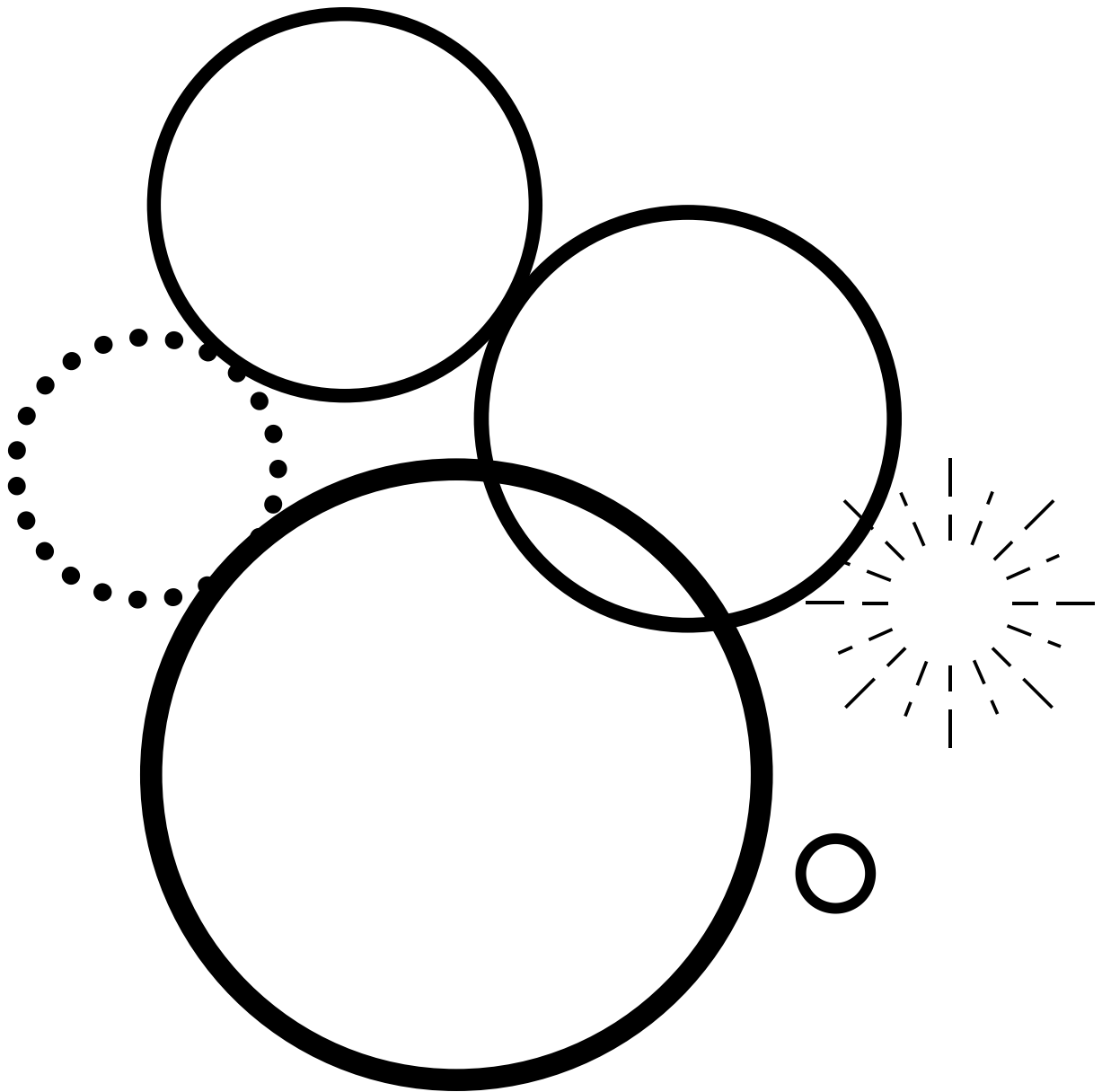
- AUDREY HEPBURN

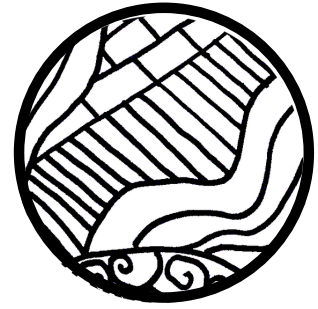
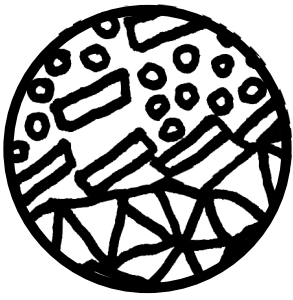


REFLECT UPON YOUR HOPES AND DREAMS FOR THE FUTURE...

WHAT IS ONE THING YOU CAN DO TODAY TO STEP TOWARDS YOUR DREAMS?

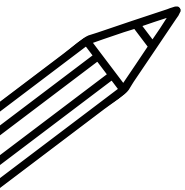
CREATE YOUR OWN MINDFULNESS COLOURING IN  
AND INSPIRING QUOTE...



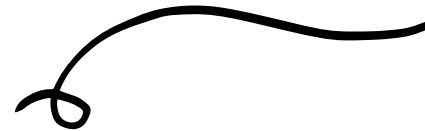


AS YOU TRANSITION TO ADULTHOOD, THERE ARE LOTS OF SERVICES AND RESOURCES TO SUPPORT YOU ALONG THE JOURNEY. HERE ARE A FEW TO GET YOU STARTED...

NEXT STEP AFTER CARE - 1800 NEXT STEP OR 0436 816 270,  
[WWW.NEXTSTEPAFTERCARE.COM.AU](http://WWW.NEXTSTEPAFTERCARE.COM.AU)



CREATE FOUNDATION - 07 3317 6020,  
[WWW.CREATEFOUNDATION.ORG.AU](http://WWW.CREATEFOUNDATION.ORG.AU)



T2A RESOURCES:

SORTLI APP - [WWW.CREATEYOURFUTURE.ORG.AU/ABOUT-ME/LEAVING-CARE/SORTLI/](http://WWW.CREATEYOURFUTURE.ORG.AU/ABOUT-ME/LEAVING-CARE/SORTLI/)

GO YOUR OWN WAY KIT -

[HTTP://WWW.CREATEYOURFUTURE.ORG.AU/ABOUT-ME/LEAVING-CARE/GO-YOUR-OWN-WAY-INFO-KIT/](http://WWW.CREATEYOURFUTURE.ORG.AU/ABOUT-ME/LEAVING-CARE/GO-YOUR-OWN-WAY-INFO-KIT/)

[WWW.CREATEYOURFUTURE.ORG.AU/T2A](http://WWW.CREATEYOURFUTURE.ORG.AU/T2A)



G-Force is a state-wide work group chaired by the CREATE Foundation. G-Force aims to share knowledge, practice, linkages and advice to practitioners and policy makers. Participation of children, young people and workers in the child protection system is vital to ensuring that children and young people have a say in the decisions that affect their life.