

**I CAN  
AND  
I AM**

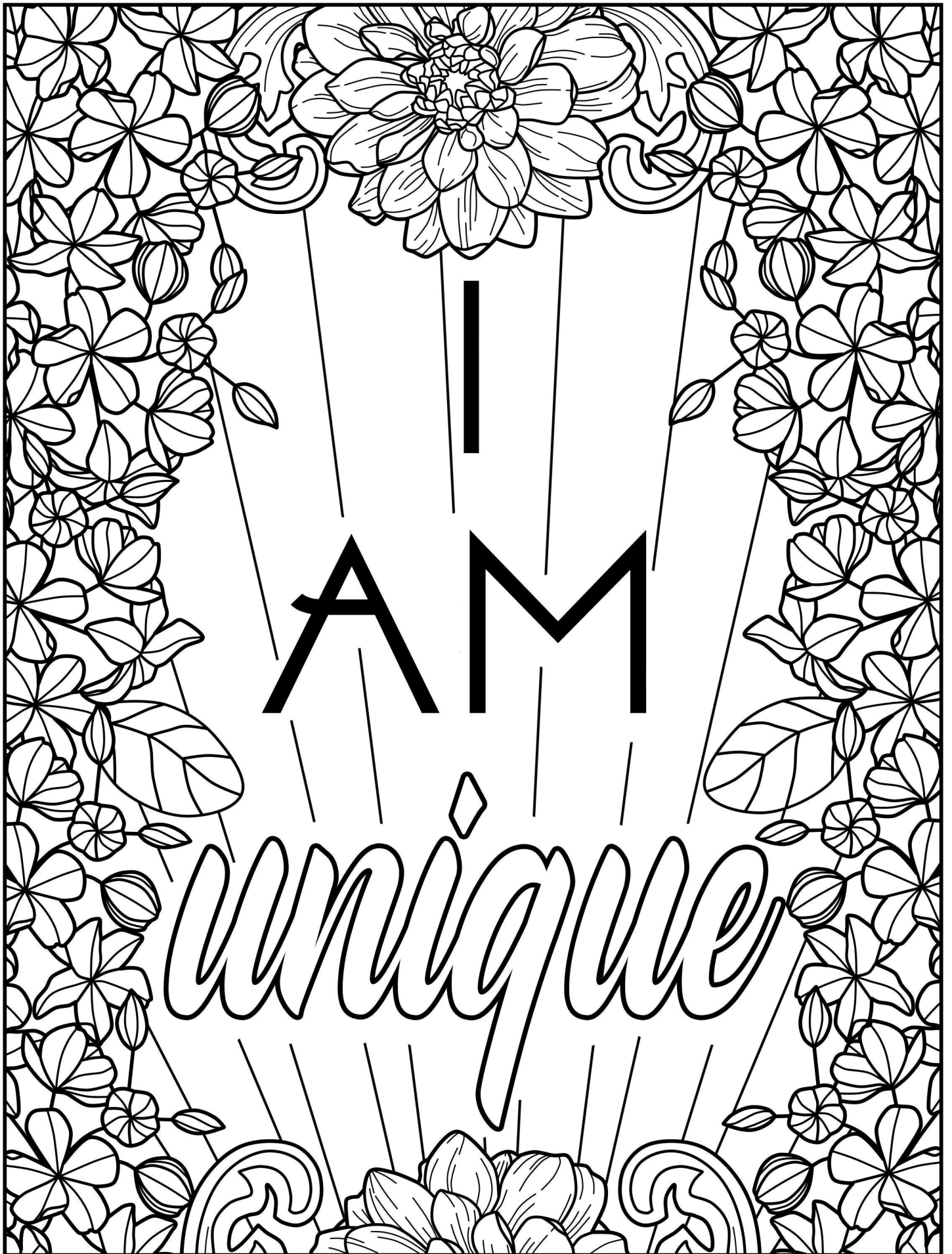
**POSITIVE AFFIRMATIONS**

**40 UPLIFTING COLOURING  
PAGES FOR ADULTS**

**Pentastica** 



I can  
*accomplish*  
my goals.



AM

unique

I can see the beauty in everything.

