

# The 1st 5 Reflections In The Book:

**A Woman's Coloring Journey:  
Love, Growth, Connection**

**Reflection Journal & Adult Coloring Book**

*This Belongs To:*

# INTRODUCTION

Welcome to: Women's Coloring Journey: Love, Growth, Connection

This book is your space to explore, reflect, and grow through creativity and self-discovery.

Across four chapters, you'll journey through the themes of Self-Discovery and Self-Love, Kindness and Compassion, Building Connections and Relationships, and Spreading Positivity and Love.

Each chapter contains 10 pages, each with a focus topic and journaling prompt to guide your reflections.

On the right-hand side of each spread, you'll find a coloring design inspired by the chapter's theme. The designs start intricate and complex and gradually become simpler as you progress. This mirrors the journey of learning about love and relationships—at first, things can feel hard and complicated, but with experience, confidence, and the support of a community, life becomes more fulfilling and feels lighter.

# INTRODUCTION

## The Chapters:

**Self-Discovery and Self-Love:** Build a foundation of self-awareness and acceptance as you explore your inner world.

**Kindness and Compassion:** Learn how small acts of kindness can create ripples of love and change, both within yourself and around you.

**Building Connections and Relationships:** Dive into the richness of human connection, celebrating the bonds that bring meaning and joy to life.

**Spreading Positivity and Love:** Reflect on how you can create a ripple effect of love and positivity to make the world a better place.

# INTRODUCTION

## **Tips for Use:**

To get the most out of this book, we recommend using crayons, colored pencils, or markers that won't bleed through, so your reflections stay clear and vibrant. Remember, this book is for you—take your time, embrace the process, and enjoy the journey one thoughtful and colorful page at a time.

## **About the Layout:**

I've intentionally added a margin around each picture instead of extending them to the edges. This design choice makes coloring more convenient and enjoyable for you. Plus, if you'd like to remove a page to frame your finished masterpiece, the margin makes it much easier to do so.

# About Lana Lou

My name is Lana Lou, and I am a 10-year-old Catahoula dog. I was rescued at 4 months old and found my fur-ever home with my fur-ever Mom & Dad.

My mission has always been to make people happy. I've had a rough life, and you can watch a video of my store on my website.

After becoming a licensed Therapy Dog, I worked with Dementia patients for 5 years. In Feb, 2024, I was diagnosed with Oral Melanoma Cancer and had 2 surgeries and alot of cancer drugs. My mom decided to use my life to leave a legacy of inspiration and joy.

20% of all profits are donated as a way to help other rescue dogs & dogs fighting cancer. Thank you for helping me make a difference and leave a legacy of inspiration.

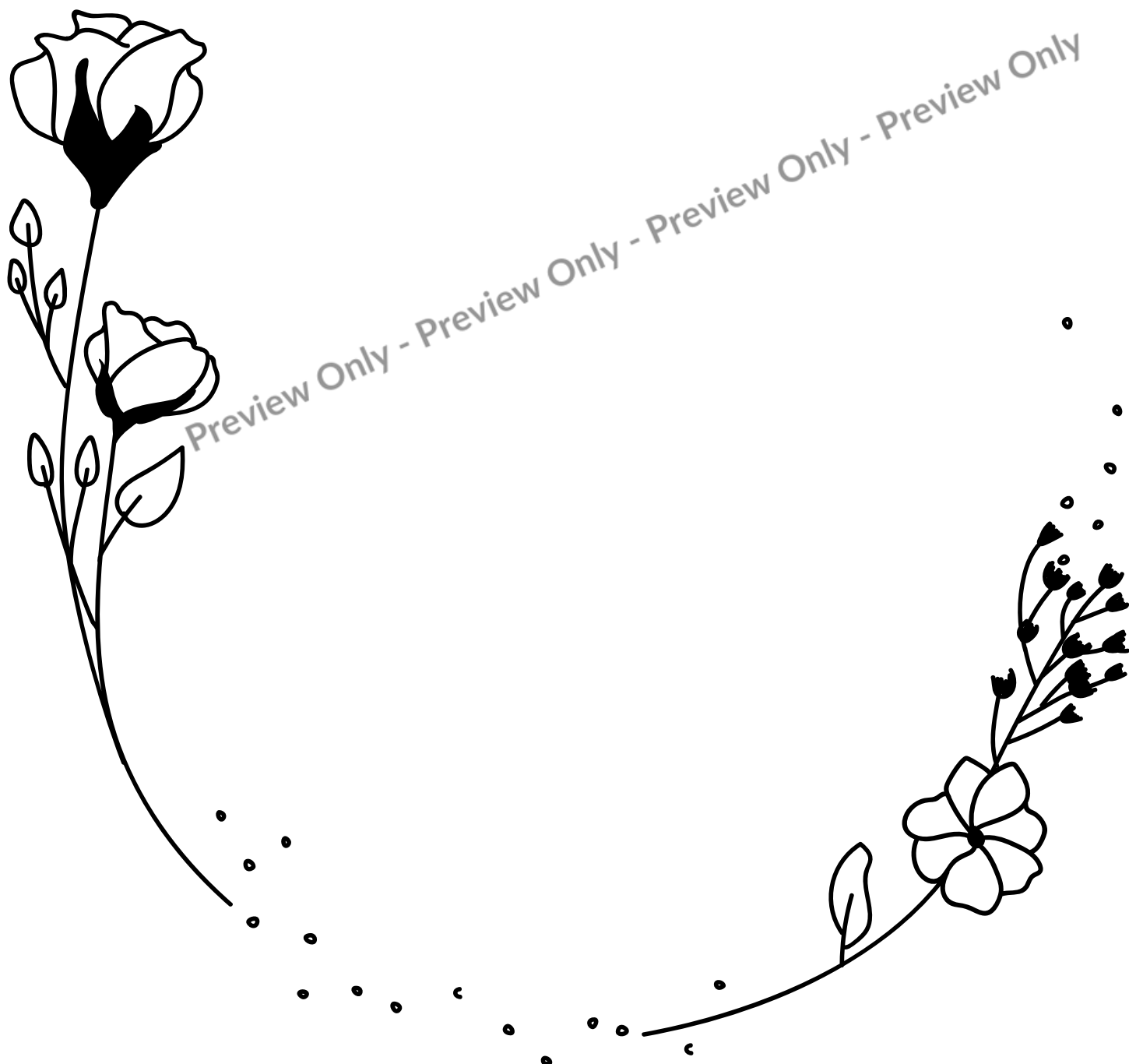
I hope you love this coloring book. If you have suggestions for other books we can make a difference with, please go to my website and send me an email! I love communicating with my human friends.

Thank you so much for spending time with me.

Lana Lou Jackson

[www.lanaloubooks.com](http://www.lanaloubooks.com)

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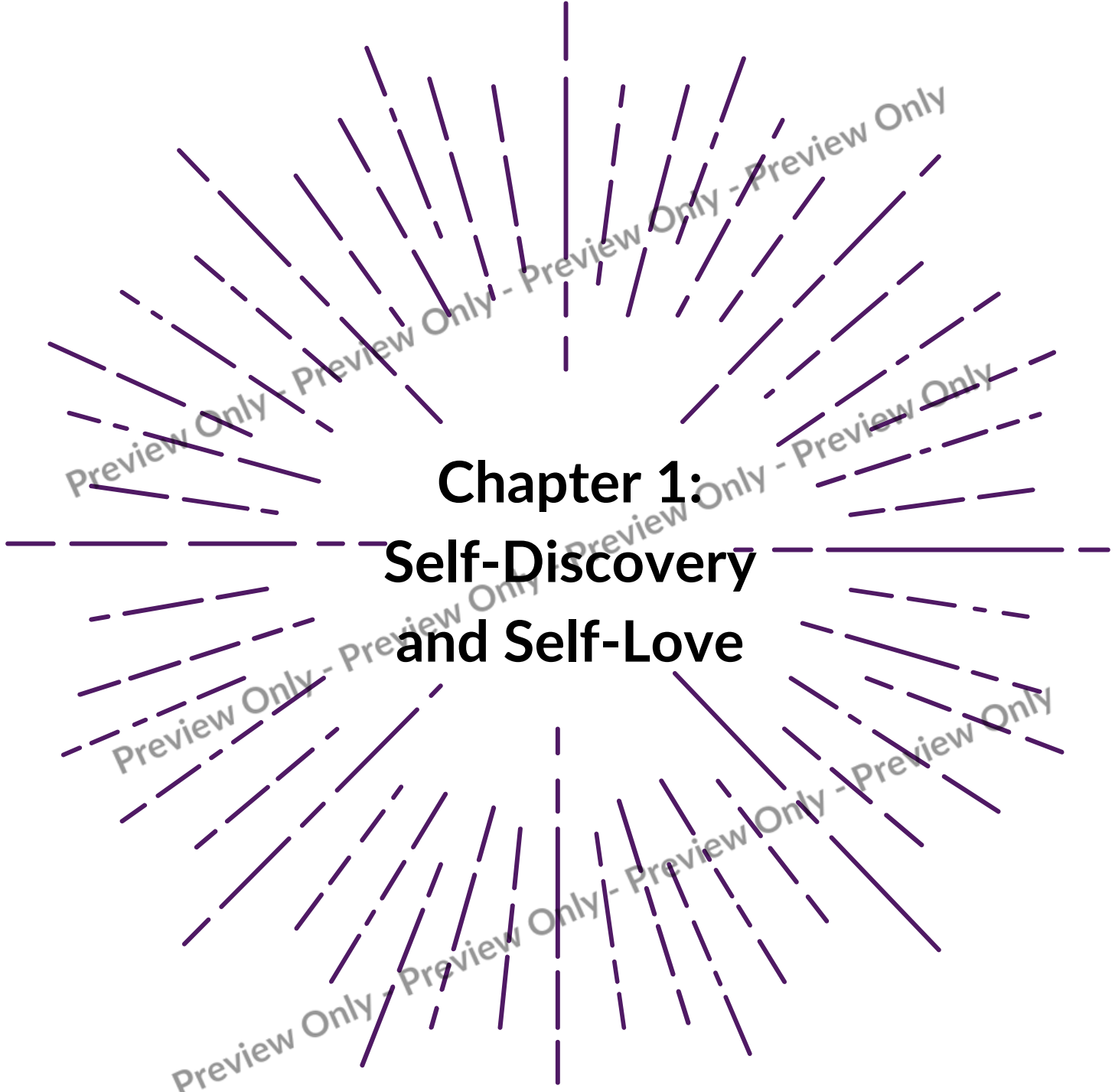


# Doodle Page

This page is the perfect place to test your materials and colors before you start working on the actual designs.

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**This is a small sample - just the first  
five reflections**



## **Chapter 1: Self-Discovery and Self-Love**



## Chapter 1: Self-Discovery and Self-Love

### Focus: Embracing Your True Self

**“Self-love is the foundation of growth. When you honor your authentic self, you build the courage to be unapologetically you.”**



**What is one thing you truly admire about yourself?**

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# Chapter 1: Self-Discovery and Self-Love

## Focus: Embracing Your True Self

“Self-love is the foundation of growth. When you honor your authentic self, you build the courage to be unapologetically you.”

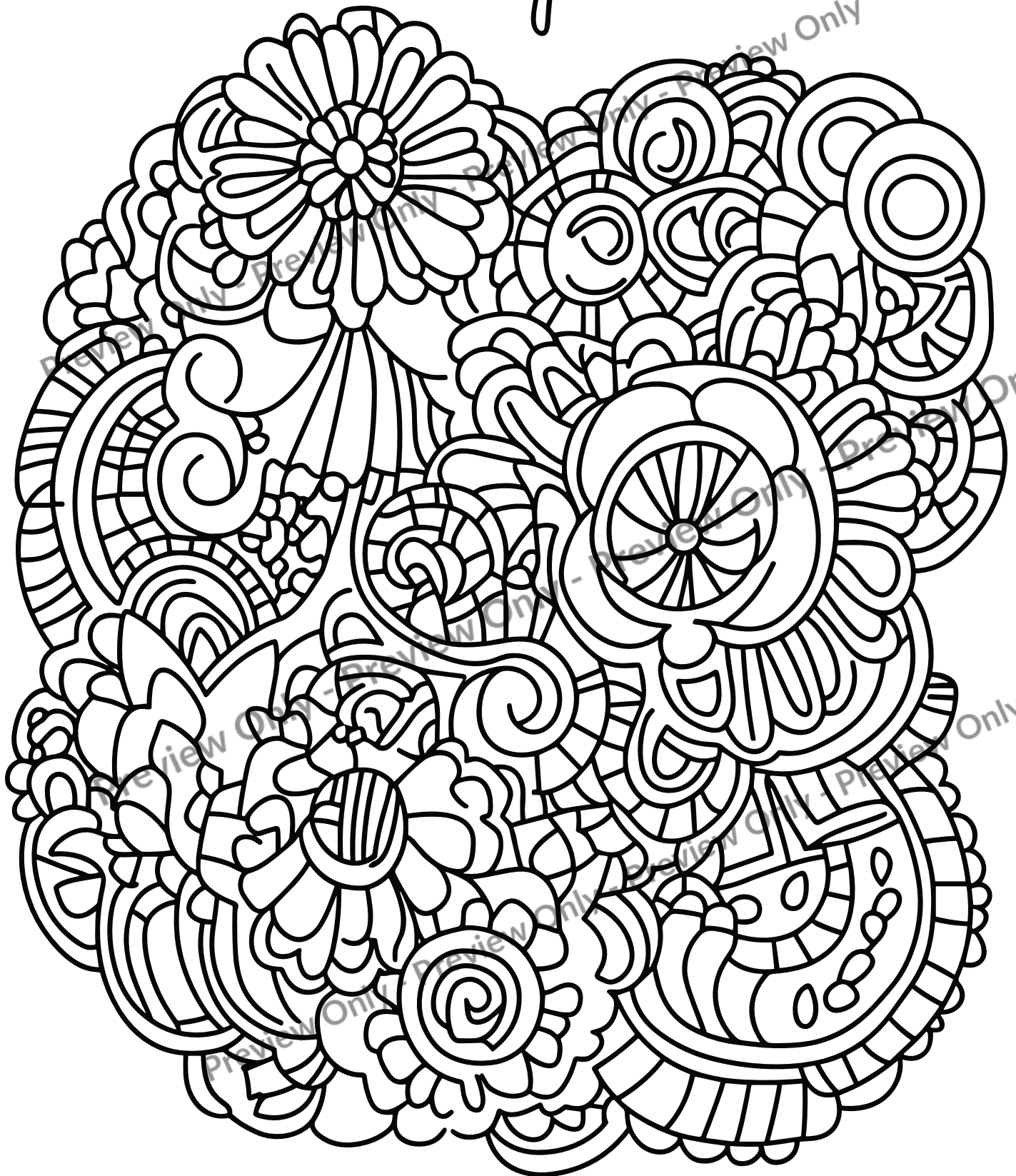


When was the last time you felt proud of yourself, and why?

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# Inspired



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## Chapter 1: Self-Discovery and Self-Love

### Focus: Embracing Your True Self

“Self-love is the foundation of growth. When you honor your authentic self, you build the courage to be unapologetically you.”



What activities make you feel most like yourself?

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## Chapter 1: Self-Discovery and Self-Love

### Focus: Embracing Your True Self

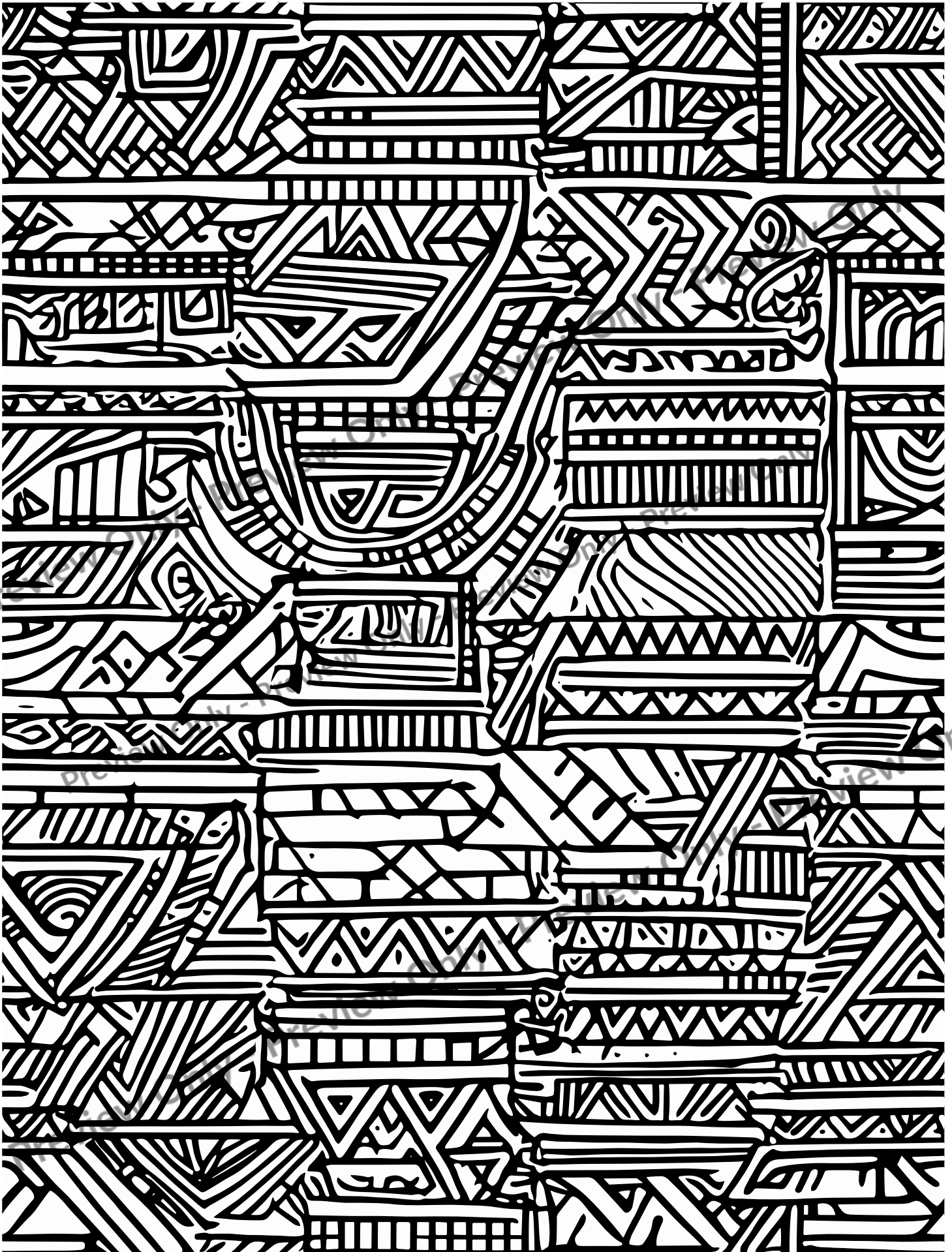
**“Self-love is the foundation of growth. When you honor your authentic self, you build the courage to be unapologetically you.”**



**What limiting belief are you ready to let go of?**

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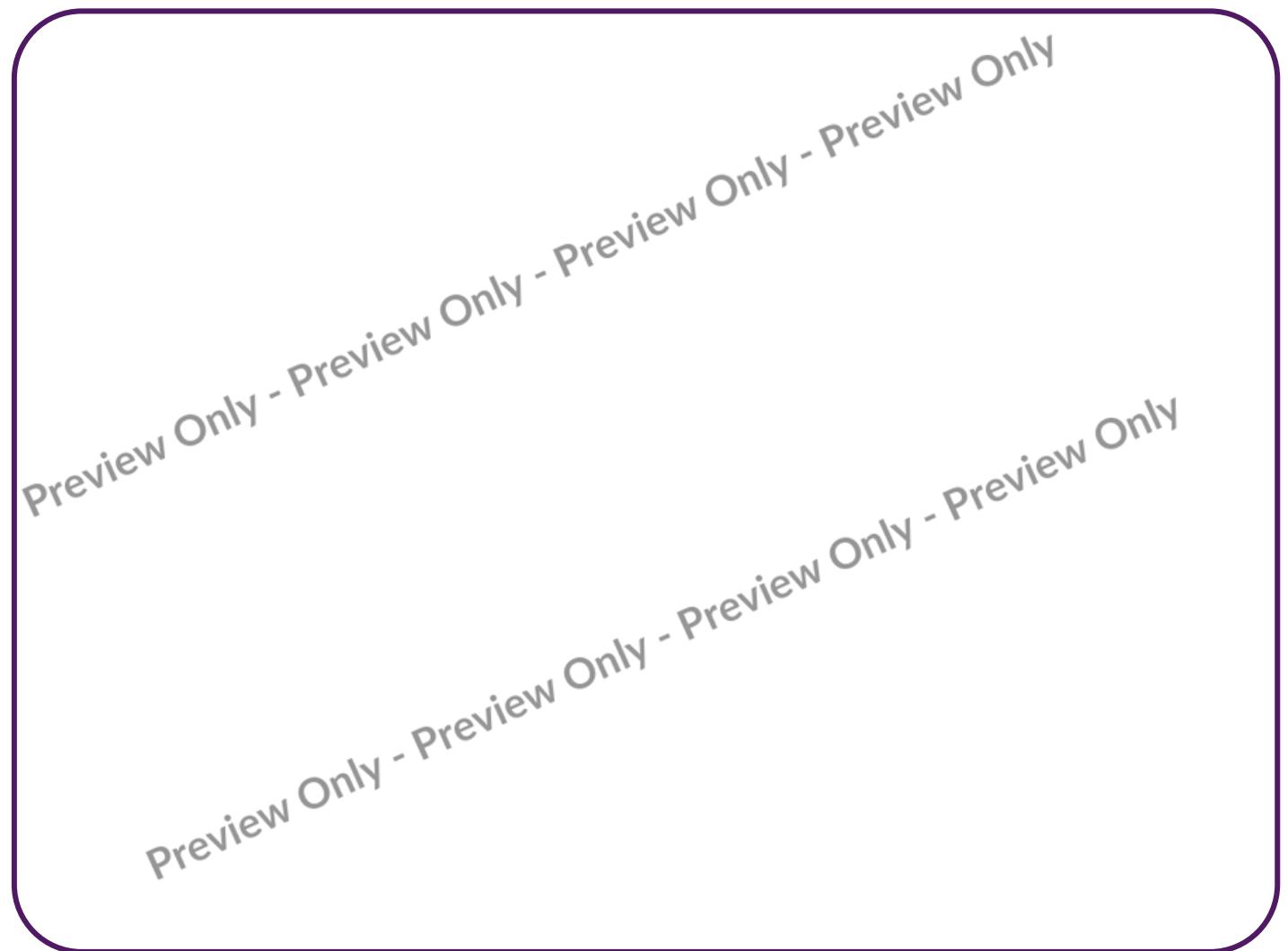
# Chapter 1: Self-Discovery and Self-Love

## Focus: Embracing Your True Self

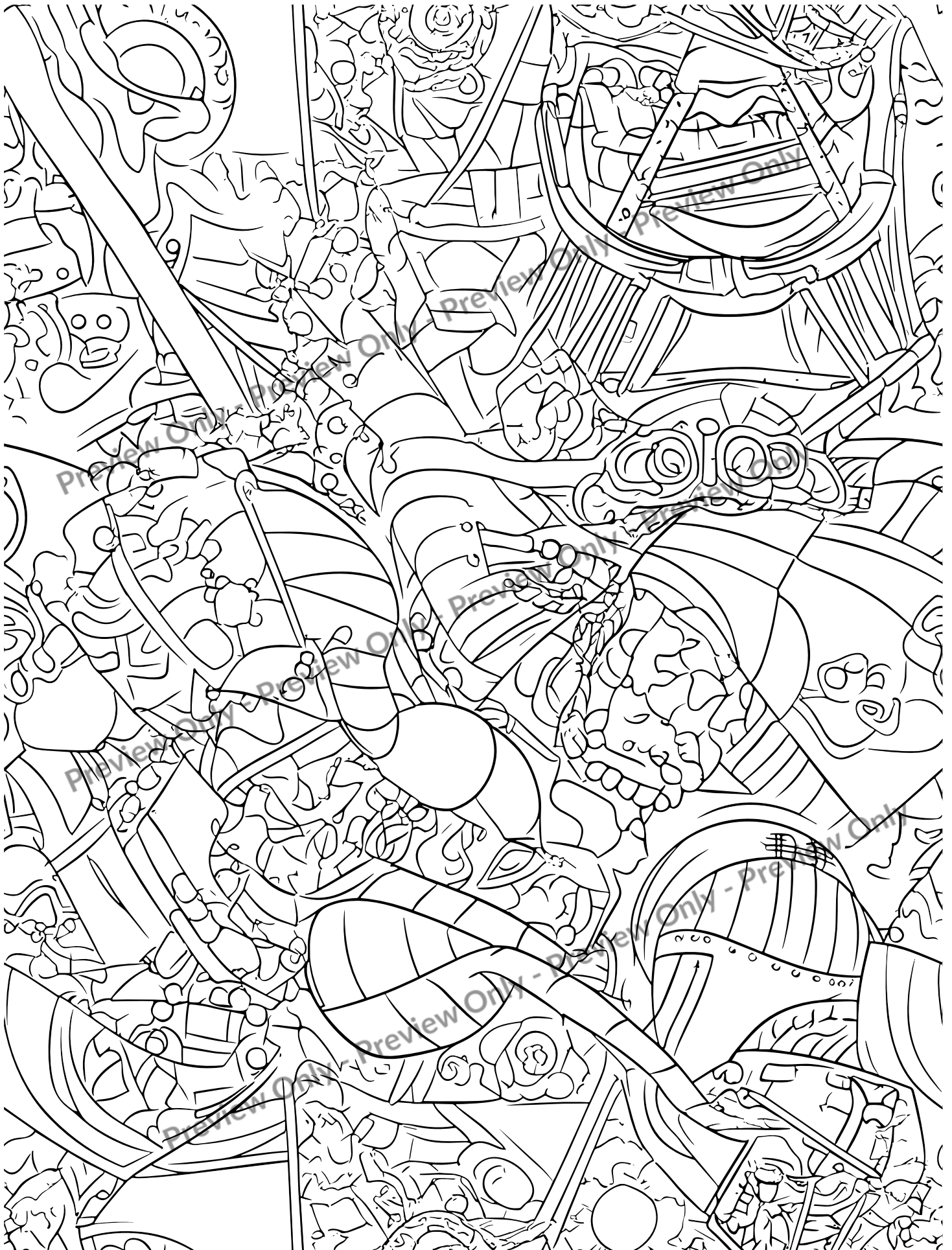
“Self-love is the foundation of growth. When you honor your authentic self, you build the courage to be unapologetically you.”



How do you show yourself love when you're feeling down?



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**If you liked the 1st 5 Reflections  
Please Purchase The Whole Book!**

**LanaLouBooks.com**

