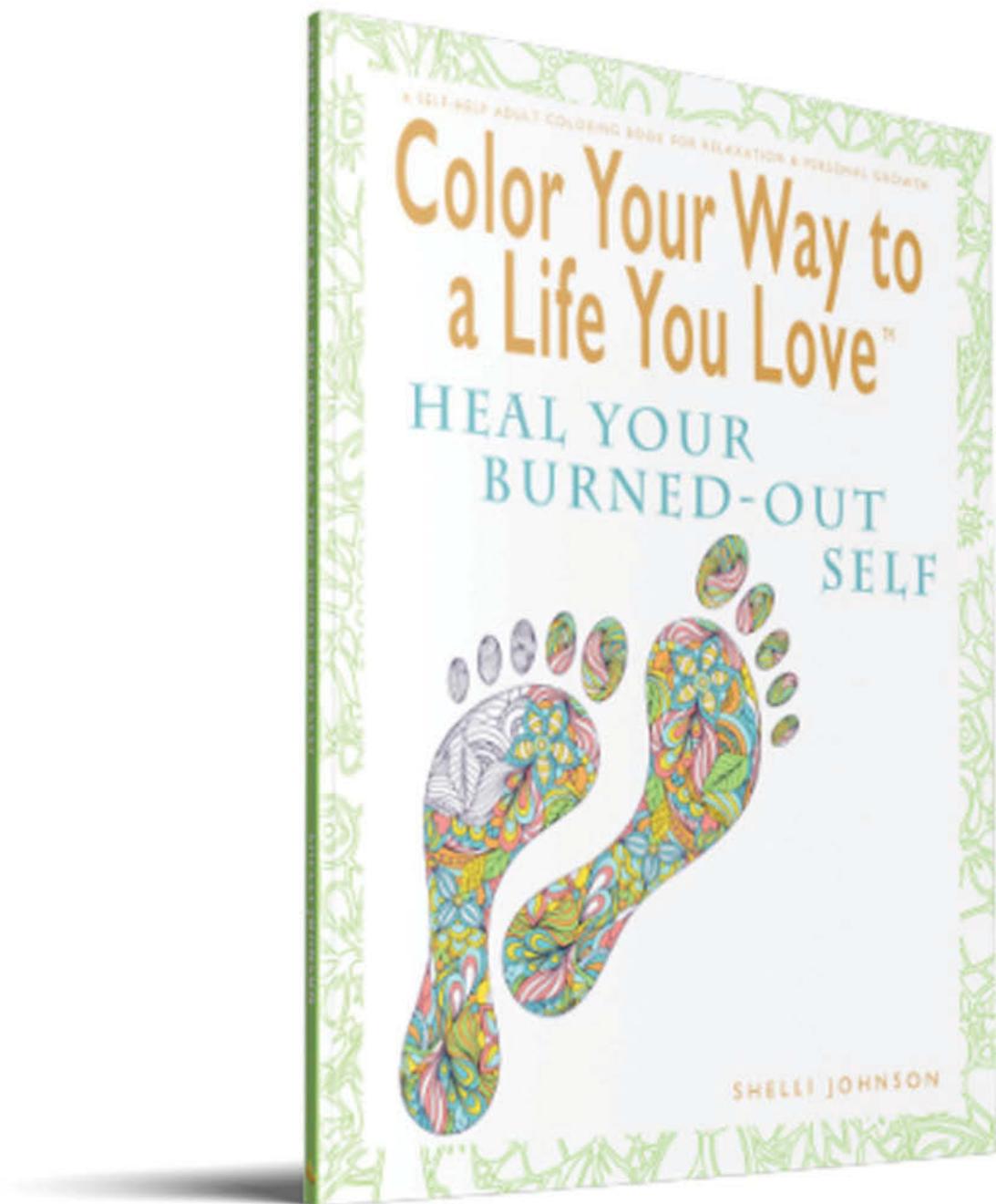


**COLOR YOUR WAY TO  
A LIFE YOU LOVE:<sup>TM</sup>  
SELF-CARE**

From Shelli Johnson



**THIS BOOK HAS 30 SELF-CARE ACTIVITIES!**

**BUY AT YOUR FAVORITE BOOK RETAILER.**

ISBN: 978-0-9747109-6-9

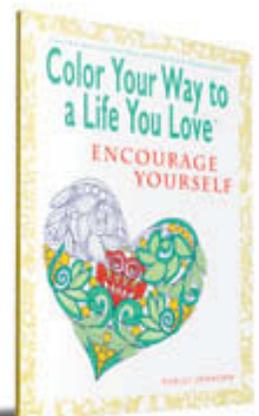
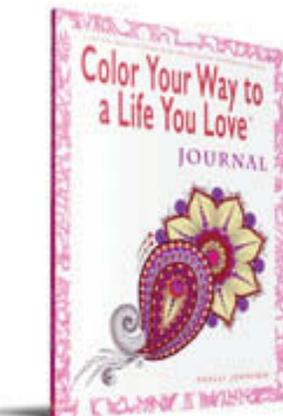
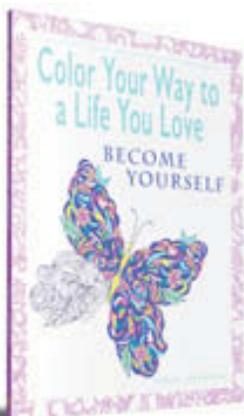
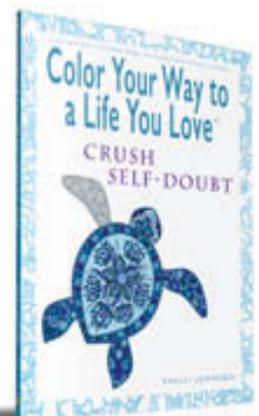
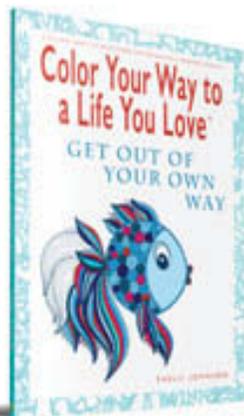
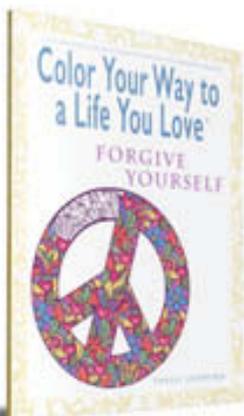
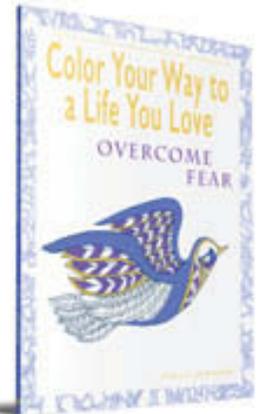
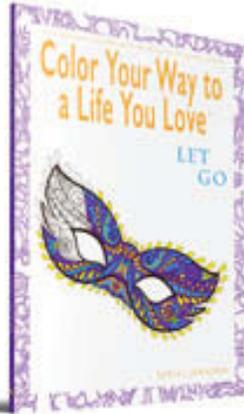
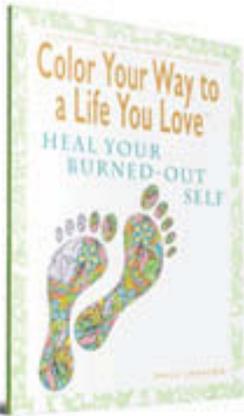
THIS EBOOK IS A SAMPLE OF 5 ACTIVITIES YOU WILL FIND IN  
**COLOR YOUR WAY TO A LIFE YOU LOVE: HEAL YOUR BURNED-OUT SELF**

Do one activity per day.

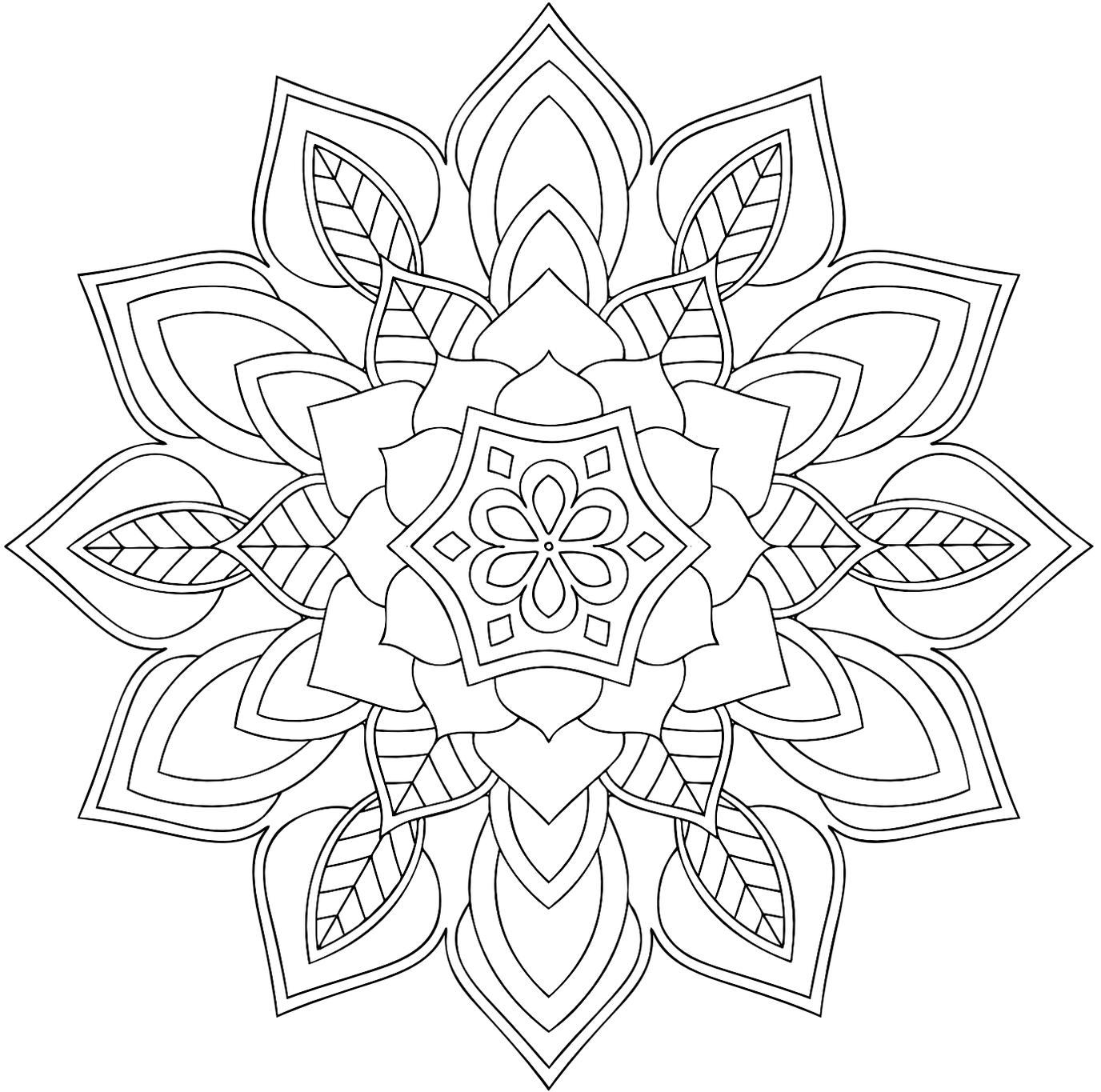
The images to color in this ebook are different from those in the printed book.

**Buy the Book**

**WELCOME TO THE  
COLOR YOUR WAY TO A LIFE YOU LOVE™  
COLORING BOOK SERIES!**



**AVAILABLE NOW!**

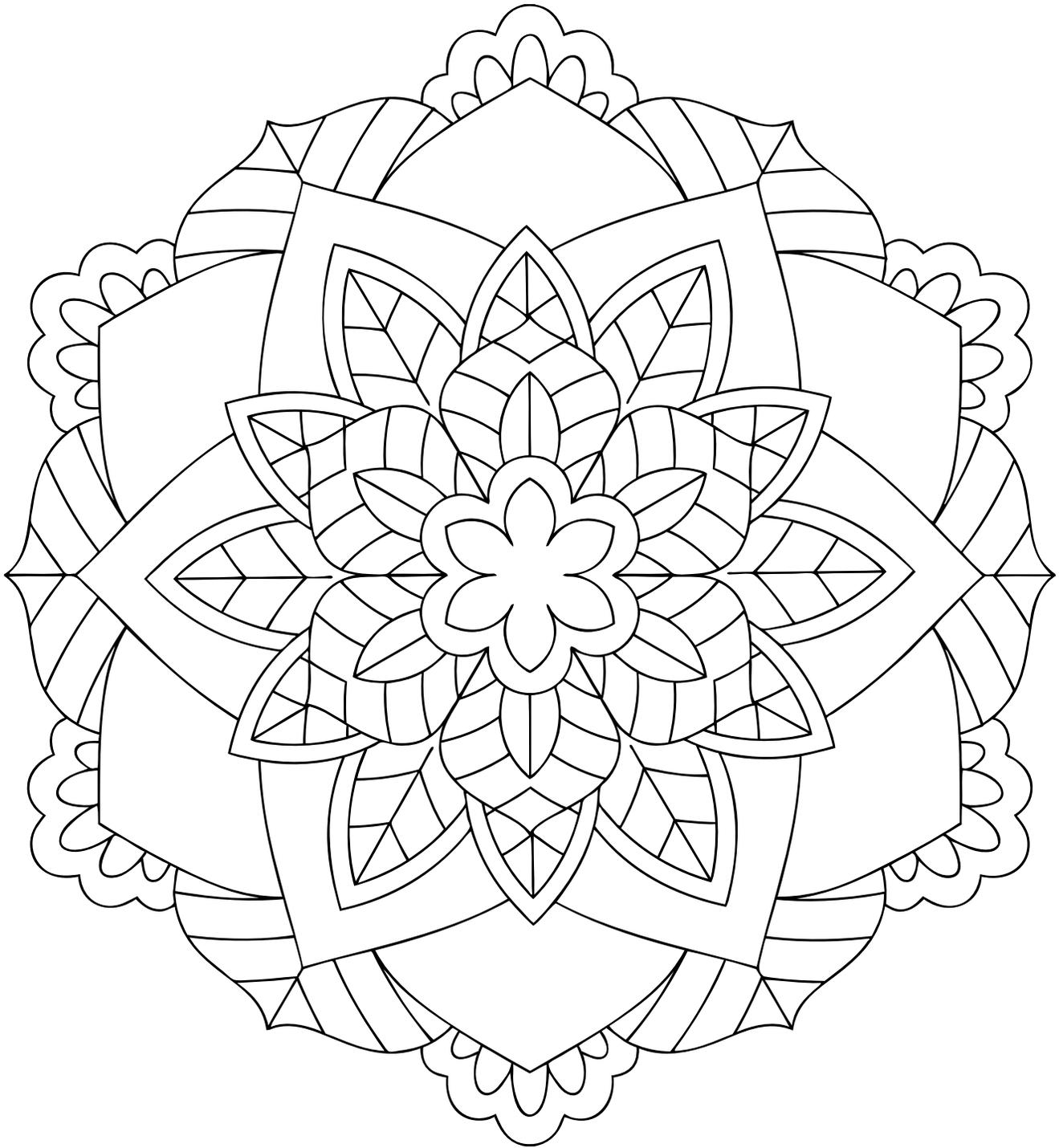


---

**1**

1. Today, relax.
2. Take a deep breath in through your nose.
3. Hold it for three seconds.
4. Let it out through your mouth.
5. Then pull your shoulders down away from your ears.
6. Repeat five times.
7. Massage your temples & the back of your neck.
8. Repeat often, especially every time you feel overwhelmed.

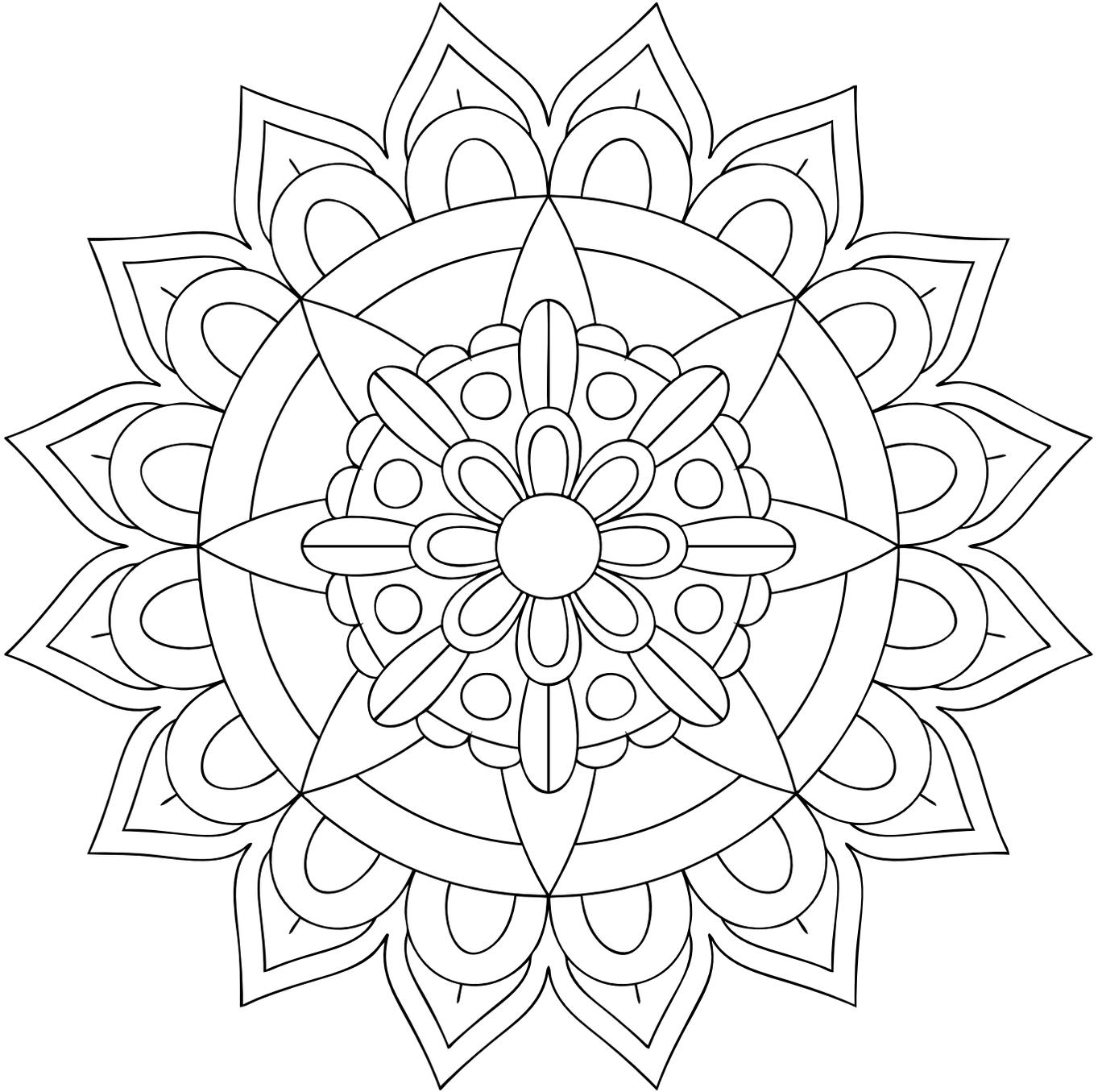




---

# 2

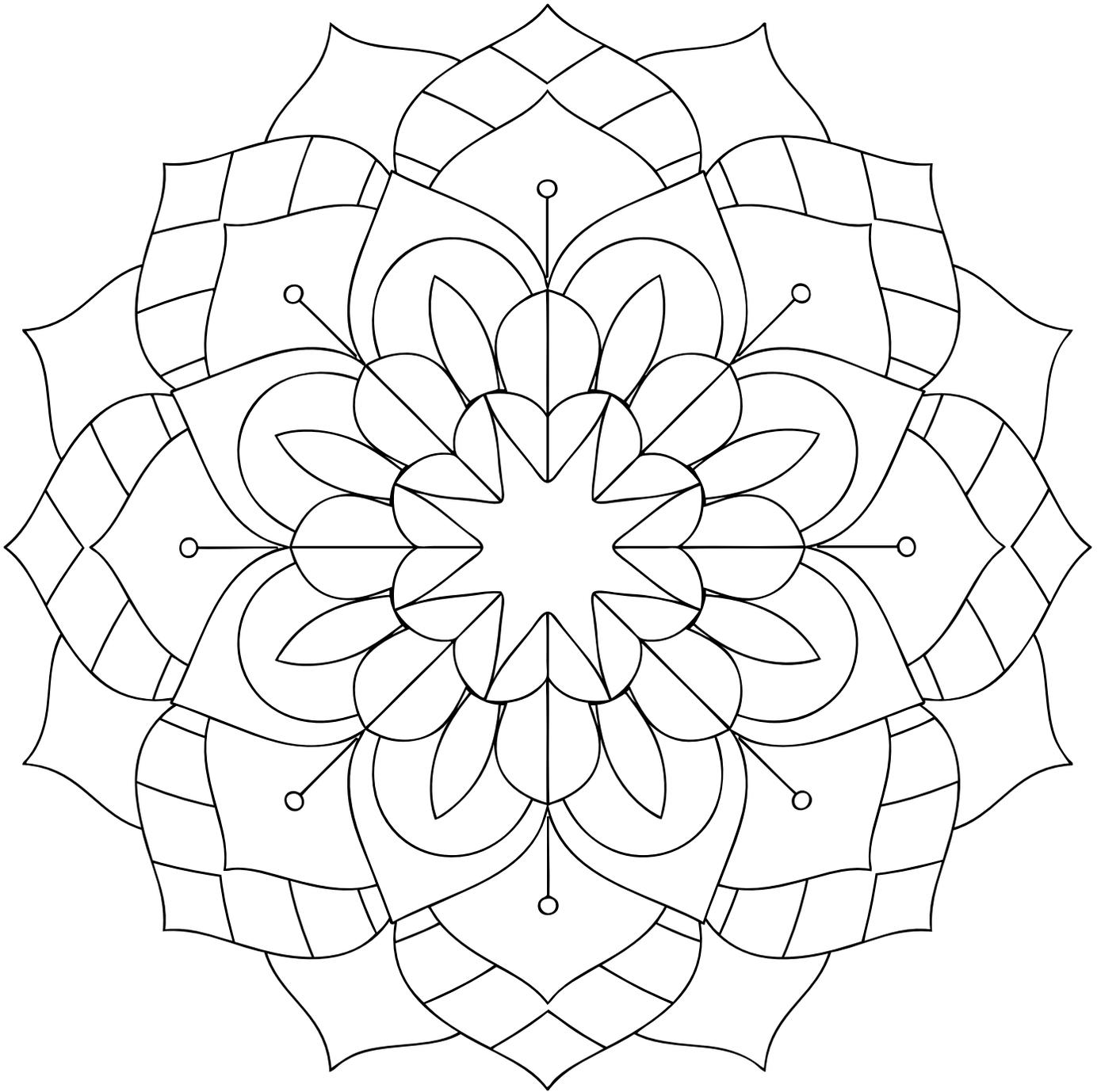
1. Today, know that you are not alone.
2. You may feel alone. You may feel like everyone else has it all together, is happy, & is moving forward while you are overwhelmed & exhausted.
3. But know this: you are likely comparing your insides to other people's outsides &/or comparing others' highlight reels to your everyday life.
4. So don't be so hard on yourself. Instead, remind yourself that you're not alone, that you are in fact in excellent company with the rest of us who are/ have been burned out, as often as needed.



# 3

1. Today, prioritize you.
2. Write your daily to-do list.
3. Now write your name at the very top of that list.
4. Know this: if you don't prioritize yourself and your needs (including doing activities that fulfill you) *every day* (regardless of how busy you may be), you will remain a burned-out husk of who you once were until you do.
5. Know this too: you are worth carving out time for yourself in your schedule. Your health & well-being matter because you matter. I assure you both of those things are true..

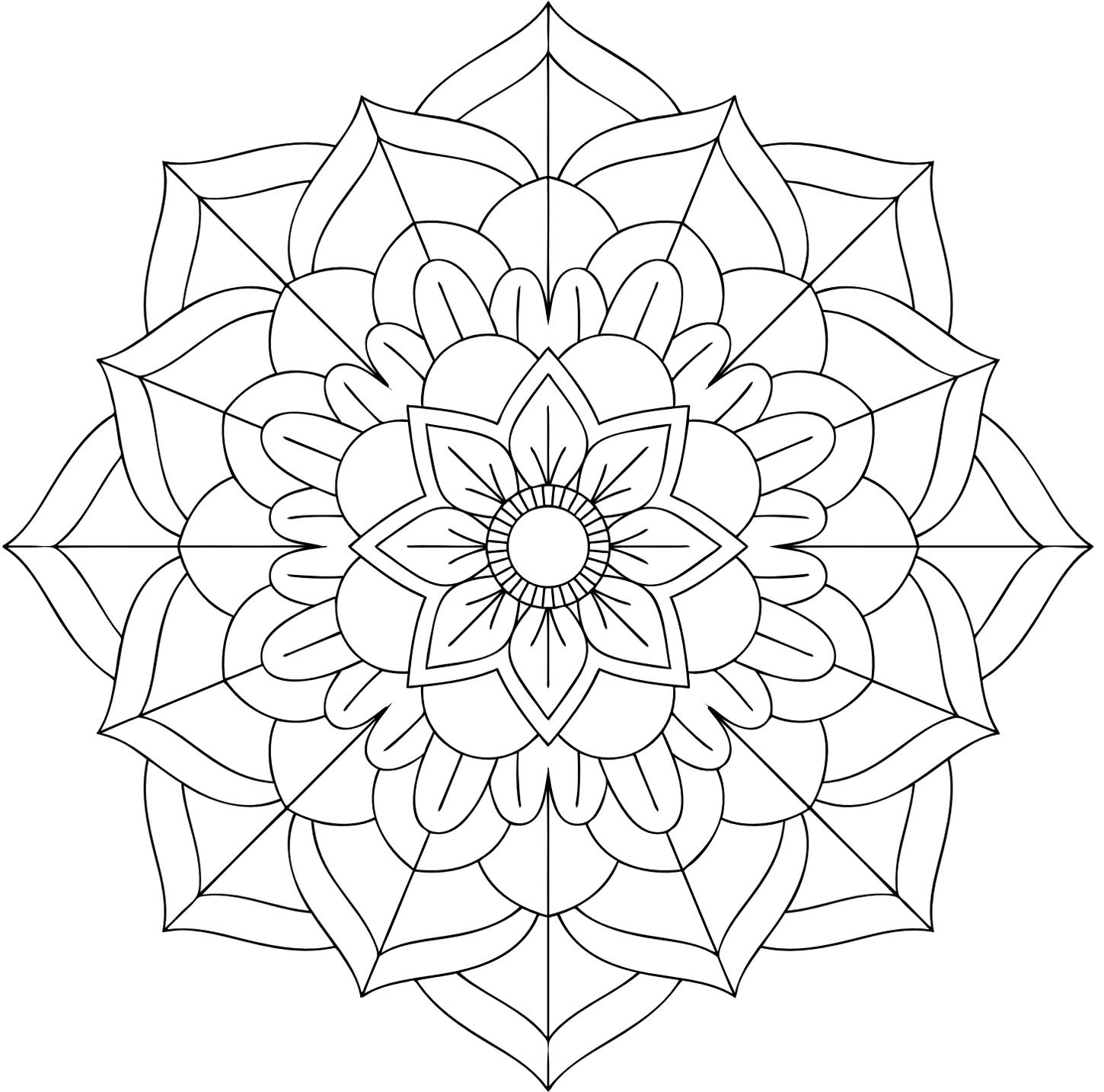




---

# 4

1. Today, slow down.
2. Take at least 15 minutes today to be alone & sit somewhere peaceful with your favorite beverage. Light some candles &/or turn on some music if you like. Relax. Rejuvenate. Refresh.
3. Take a deep breath in through your nose, hold it three seconds, let it out through your mouth. Pull your shoulders down away from your ears.
4. Let yourself just be right where you are, right here, right now.
5. Know this: if you don't come to a stop *at least once a day* to relax & enjoy your life, you'll remain a burned-out husk of who you once were until you do.



---

# 5

1. Today, listen to & heal your body.
2. Pay attention to how your body feels. Do you have tightness anywhere? Are you experiencing pain or achiness? Are you tired? Are you hungry/thirsty?
3. Write an answer to this: *What do I most need to do today to heal my body?*
4. The answers might be: hydrate, take a nap, go to the doctor, sit with the sun on your face, take a walk, stretch, make better food choices, etc.
5. It's your body. You know it better than anyone else. Trust yourself.
6. Know this: if you don't listen to your body & don't take care of yourself *every day*, you will remain a burned-out husk of who you once were until you do.



## ABOUT THE AUTHOR!

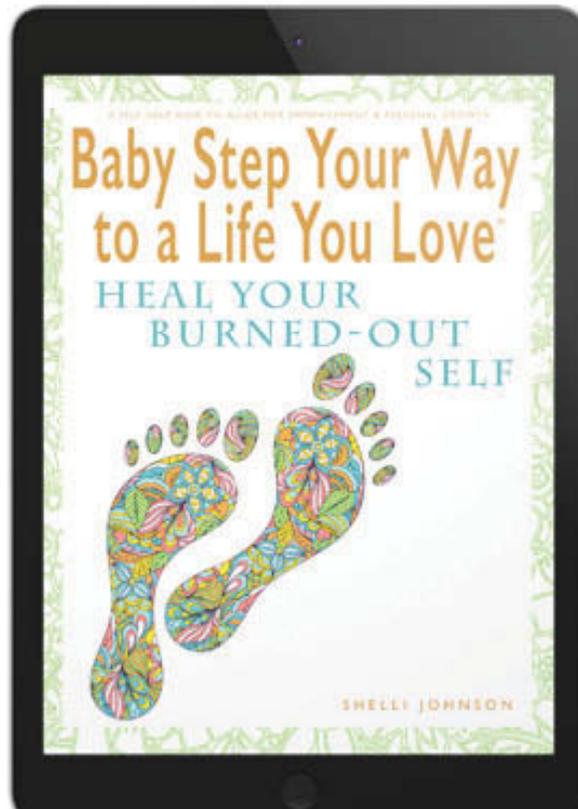
This book was born out of Shelli Johnson's own struggle with burnout. She wanted and needed to heal herself. She wanted and needed practical and easy steps she could take to find what made her come alive and then go do it so she could find happiness in her life again. So she simply wrote the book she needed to read. Every day, she does her best to cut herself some slack & practice progress, not perfection.

Shelli's also an award-winning journalist (sports reporting), novelist (grand prize winner), and blogger. She's also a truck owner, horse rider, photographer, yoga enthusiast, and slow-cooker fan.



**Find out about Shelli's other books at:**  
[shellijohnson.com/books](http://shellijohnson.com/books)

**The ebook has the same daily steps if you don't want to color:**



**Buy the Ebook**



## **COLOR YOUR WAY TO A LIFE YOU LOVE™: HEAL YOUR BURNED-OUT SELF**

For information:  
[shellijohnson.com](http://shellijohnson.com)

### Copyright Notice and Disclaimers

This ebook is Copyright © 2020 Shelli Johnson (the “Author”). All Rights Reserved. Published in the United States of America. The legal notices, disclosures, and disclaimers within this book are copyrighted by the Internet Attorneys Association LLC and licensed for use by the Author in this book. All rights reserved.

No part of this ebook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage and retrieval system — except by a reviewer who may quote brief passages in a review to be printed in a magazine, newspaper, blog, or website — without permission in writing from the Author. For information, please contact the Author at the following website address: [shellijohnson.com/contact](http://shellijohnson.com/contact)

This ebook is a general educational health-related information product. This ebook does not contain medical advice. The ebook’s content is not a substitute for direct, personal, professional medical care and diagnosis. None of the exercises or treatments (including products and services) mentioned in this book should be performed or otherwise used without prior approval from your physician or other qualified professional health care provider. For more information, please read the “Disclosures and Disclaimers” by clicking here.

Published by Alpha Doll Media, LLC (the “Publisher”).