

A Coloring Journey to a Less Stressed You:

A companion to

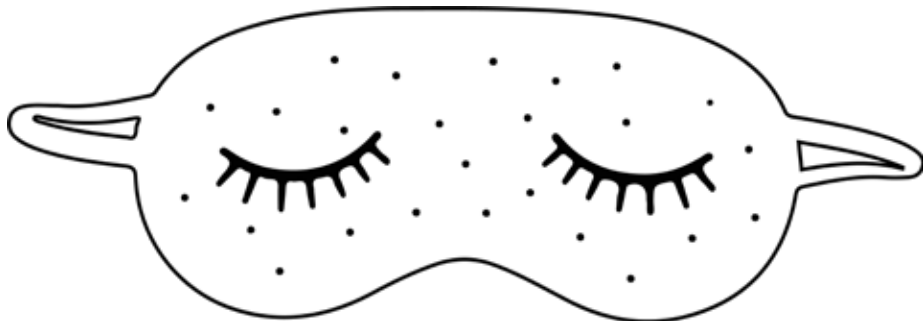
# LISTFUL LIVING

ListfulLiving.com

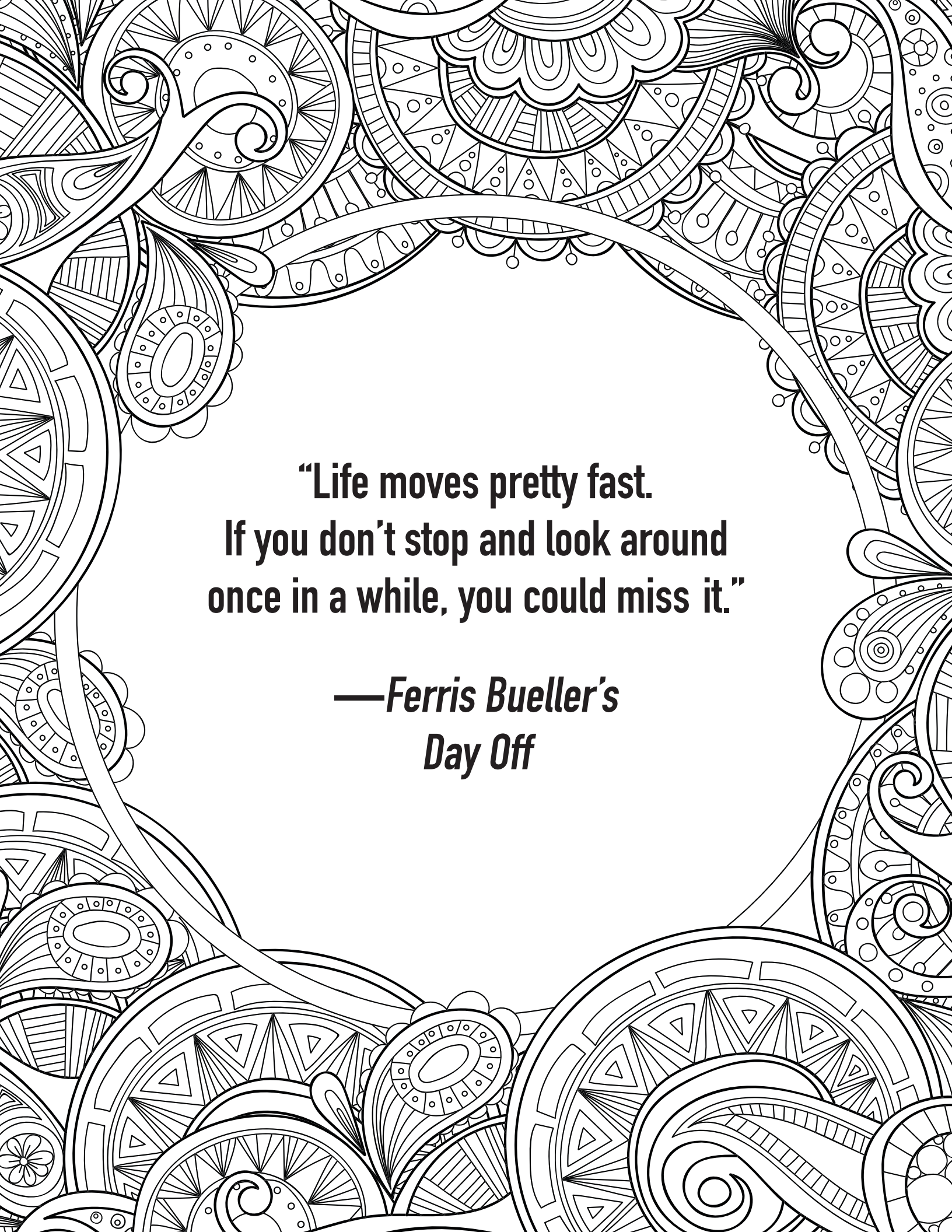


“REST IS  
THE NEW  
HUSTLE”

—Paula Rizzo

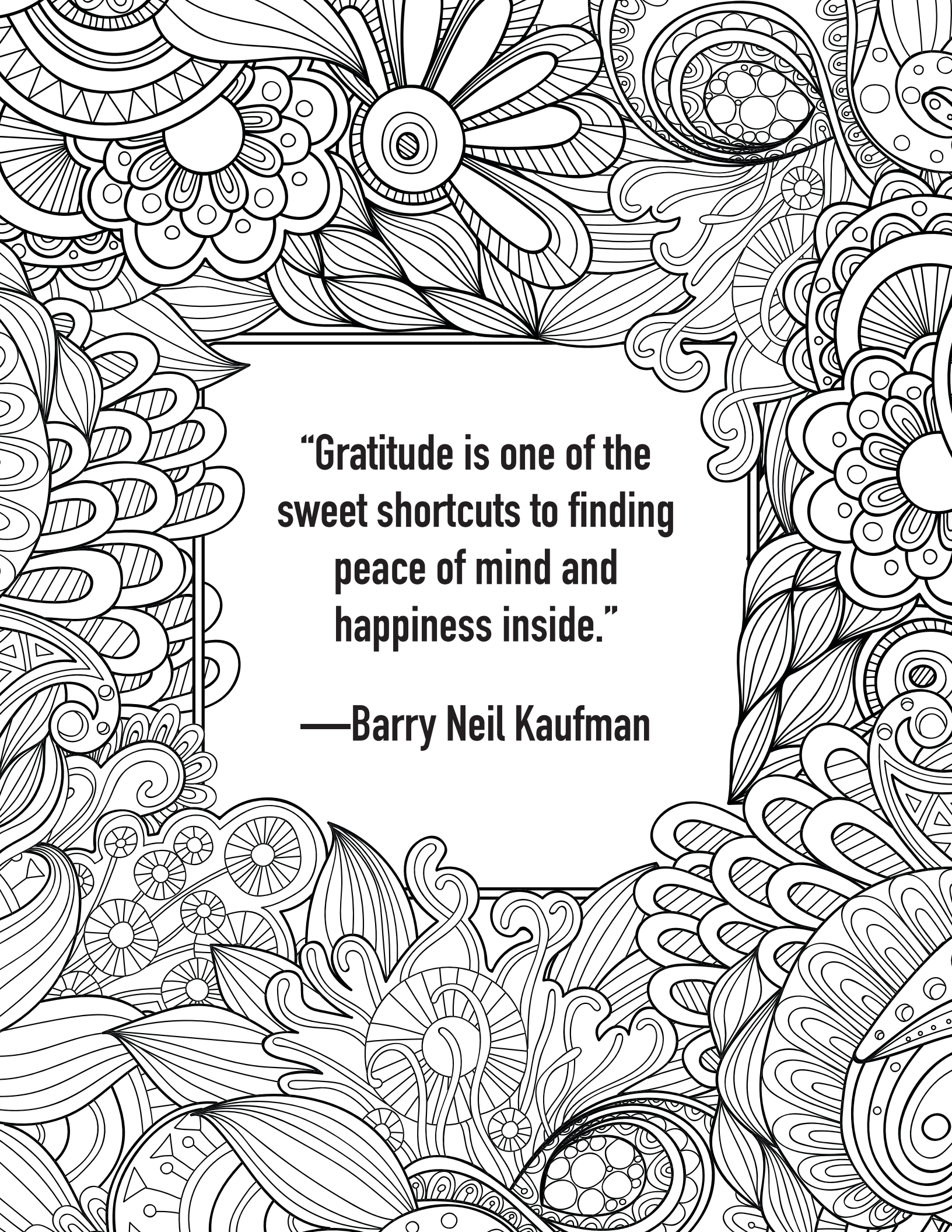






**“Life moves pretty fast.  
If you don’t stop and look around  
once in a while, you could miss it.”**

**—*Ferris Bueller’s  
Day Off***



**“Gratitude is one of the  
sweet shortcuts to finding  
peace of mind and  
happiness inside.”**

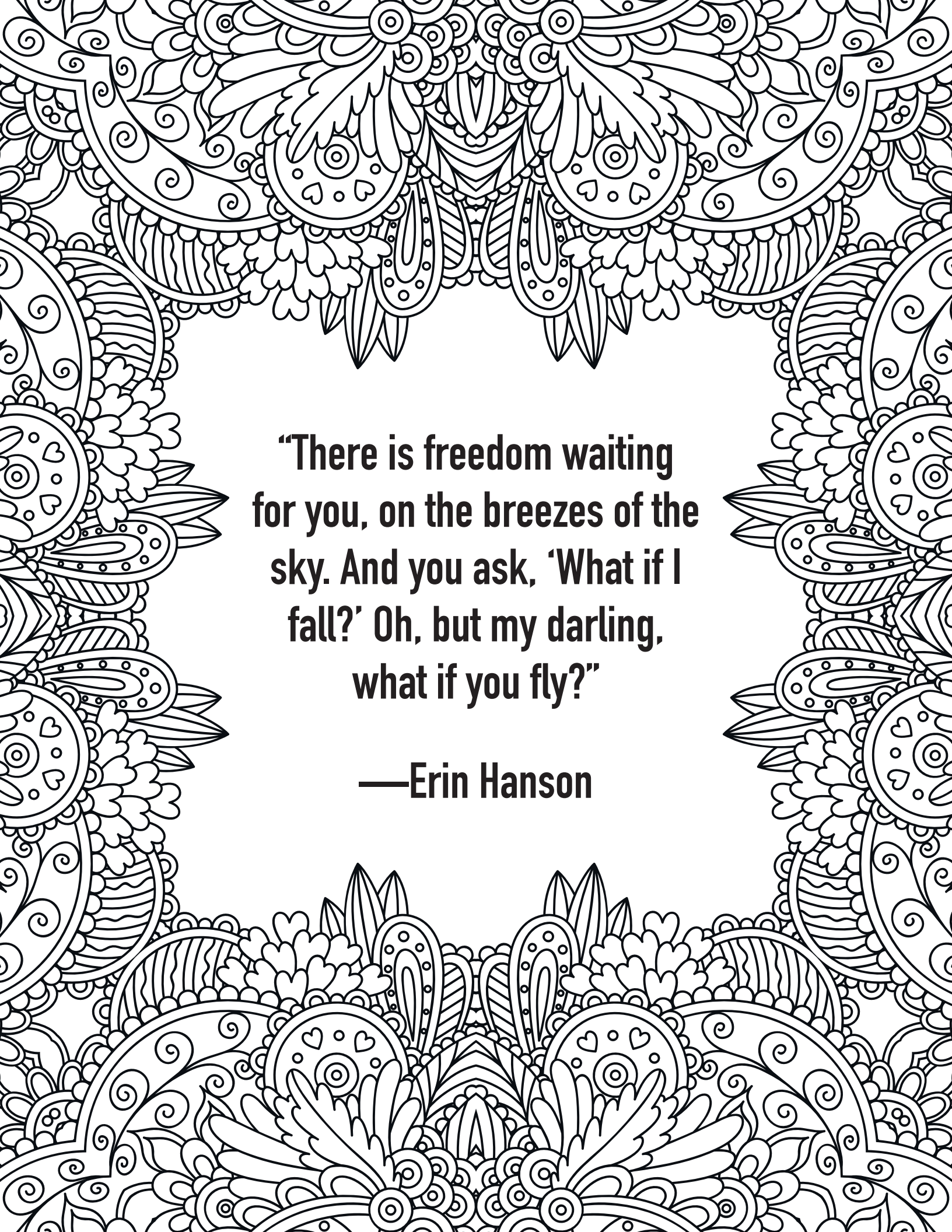
**—Barry Neil Kaufman**



**“If your compassion does not include  
yourself, it is incomplete.”**

**—Jack Kornfield**





**“There is freedom waiting  
for you, on the breezes of the  
sky. And you ask, ‘What if I  
fall?’ Oh, but my darling,  
what if you fly?”**

**—Erin Hanson**

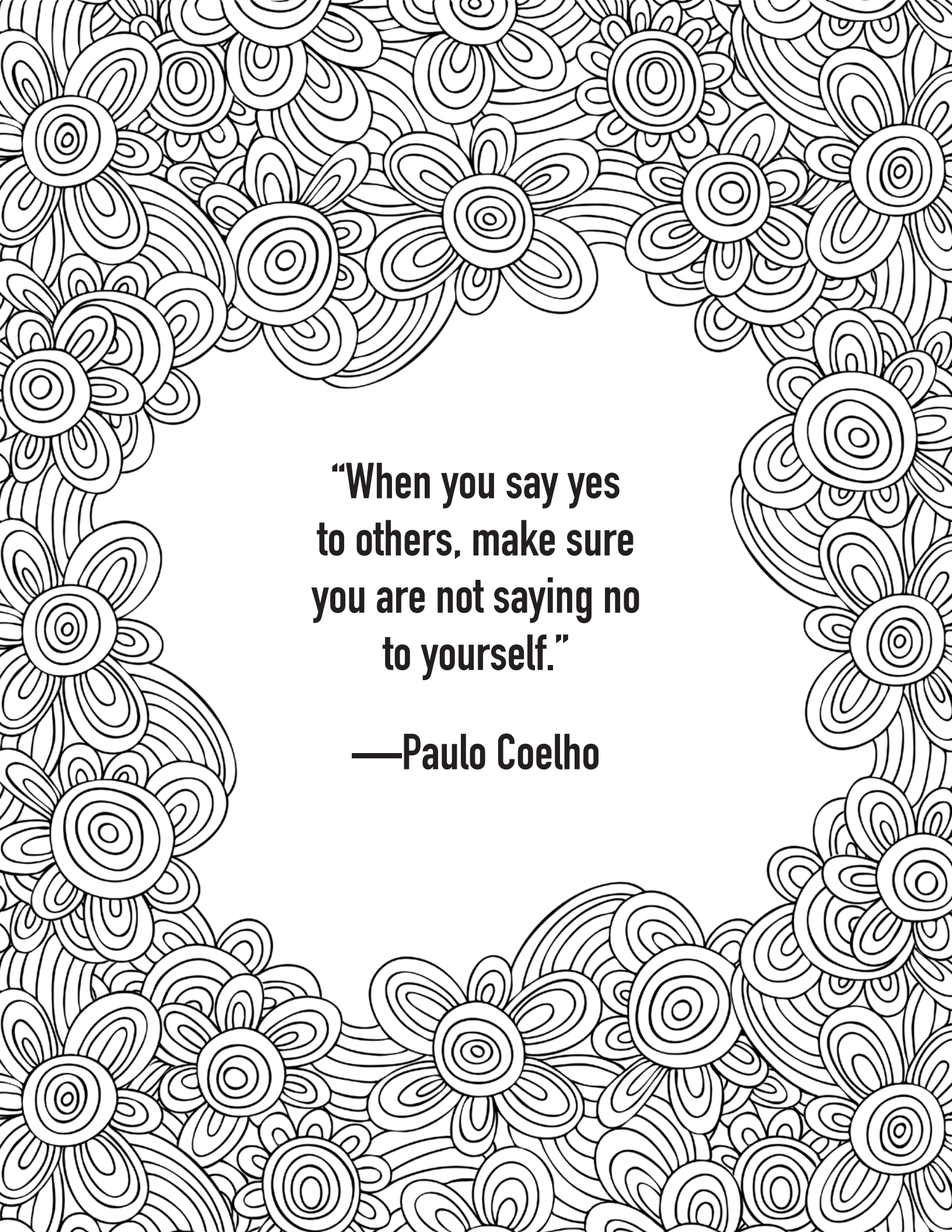




**“You become what  
you believe.”**

**—Oprah Winfrey**

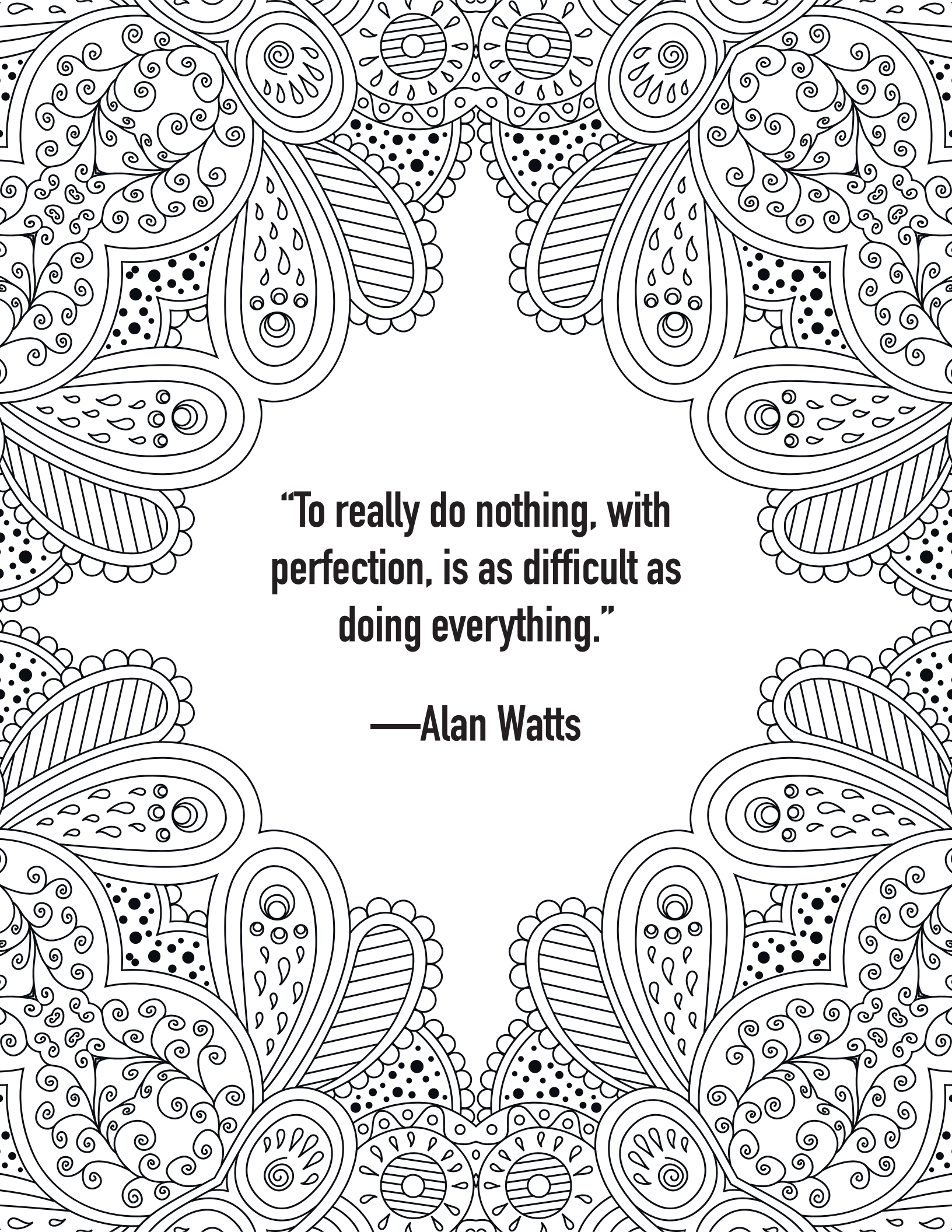




**“When you say yes  
to others, make sure  
you are not saying no  
to yourself.”**

**—Paulo Coelho**





**“To really do nothing, with  
perfection, is as difficult as  
doing everything.”**

**—Alan Watts**



**“Forget FOMO—  
Embrace JOMO.”**

**—Paula Rizzo**  
**(JOMO = Joy of Missing Out)**