SELFIMPROVECOACH

Notice the Small Things

BOTANICAL COLOURING & GENTLE REFLECTION



Choose one small area. Use any colours you like.
Stop when you wish.

Enjoy the five illustrations in any order. The reflection questions are optional.
You can write a few words, think quietly, or simply colour.

PRINTING: 8.5 × 11 inches (US Letter). Print at actual size on matching paper,
or choose “Fit” for A4. Select single-sided printing for separate colouring sheets.

All motivational lines in this collection were composed for this resource.
They are not attributed quotations.

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Do not resell or redistribute the files.

Cosmos in Flower



You can appreciate who you are while making room for change.

OPTIONAL REFLECTION

What is one quality you appreciate in yourself today?

Unfolding Ferns



You can take your time and still make meaningful choices.

OPTIONAL REFLECTION

What small choice would feel manageable today?

Poppy Seed Heads



What you have learned can matter, even when it feels unfinished.

OPTIONAL REFLECTION

What have you learned about yourself recently?

Potted Rosemary



Your needs deserve attention, even when other things are waiting.

OPTIONAL REFLECTION

What small act of care could you offer yourself today?

The Garden Path



You do not need to see the whole path to choose a next step.

OPTIONAL REFLECTION

What next step would reflect what matters to you?