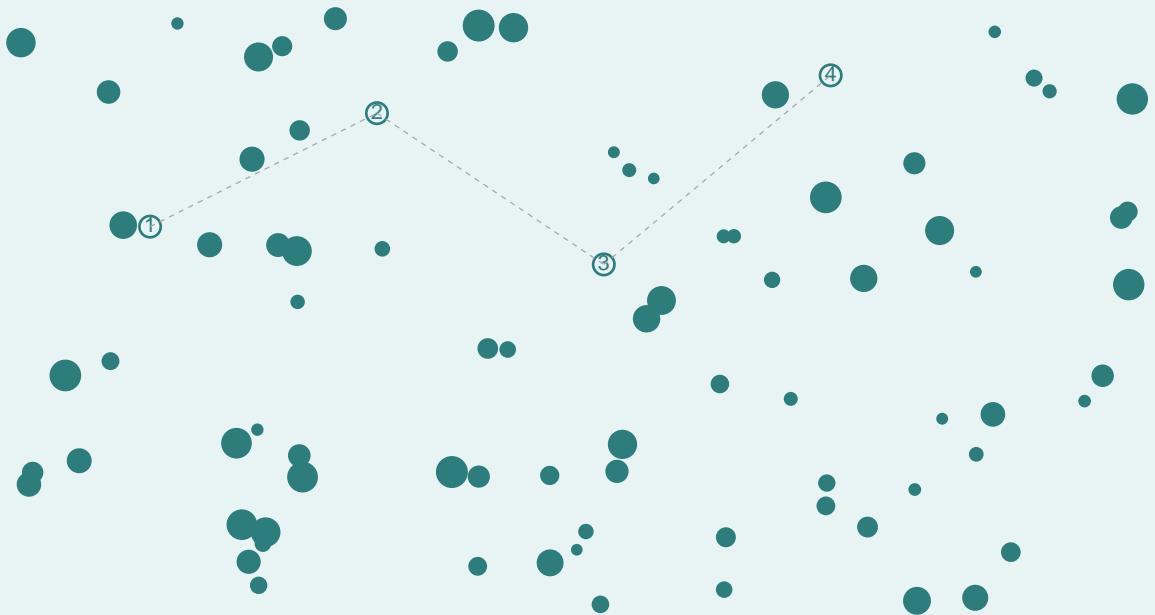


Mindful Dot-to-Dot

Positive Affirmations & Calming Images



A therapeutic activity book

for mindful moments

Dragonfly Psychotherapy

www.dragonflytherapy.co.uk

How to Use This Book

This isn't just a puzzle book. It's an invitation to slow down.

Dot-to-dot activities require just enough focus to quiet a busy mind, without demanding too much when you're feeling overwhelmed. They're perfect for anxious moments, restless evenings, or times when you need a gentle distraction.

As you work through these pages, you'll reveal words of affirmation and calming images - each one chosen to remind you of something important about yourself and your journey.

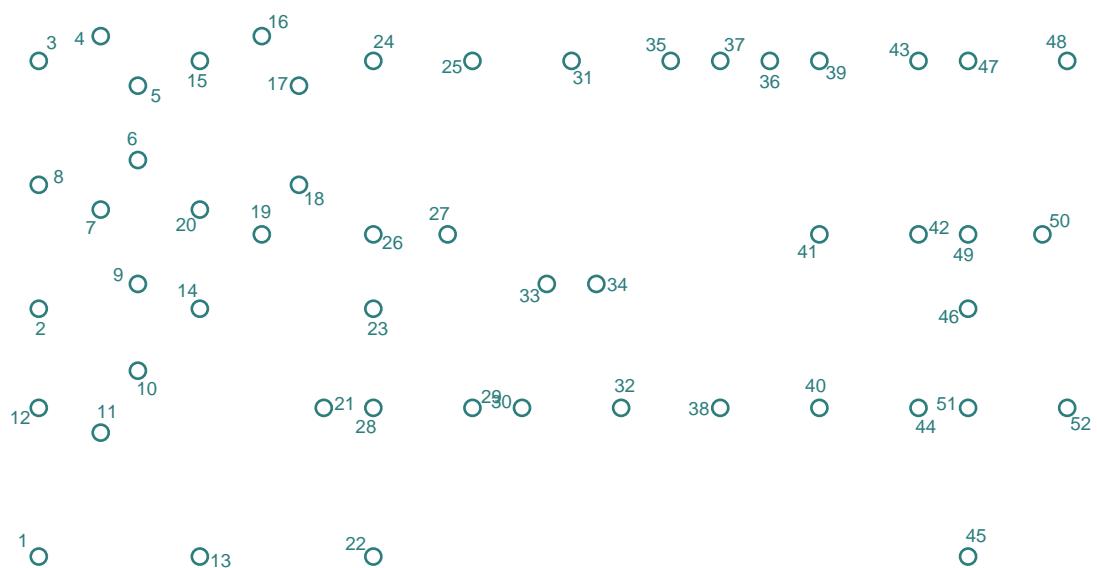
Making It Mindful

- Take your time. There's no rush. Let each line you draw be deliberate.
- Breathe. As you move from dot to dot, let your breath slow and deepen.
- Notice. What thoughts arise? What feelings? Simply observe them, then return your attention to the next number.
- Read the prompt. Each page has a reflection to consider as you draw. You might find something unexpected resonates.
- Be kind to yourself. Wobbly lines are perfectly acceptable. This isn't about perfection - it's about presence.

One dot at a time. One breath at a time. One moment at a time.

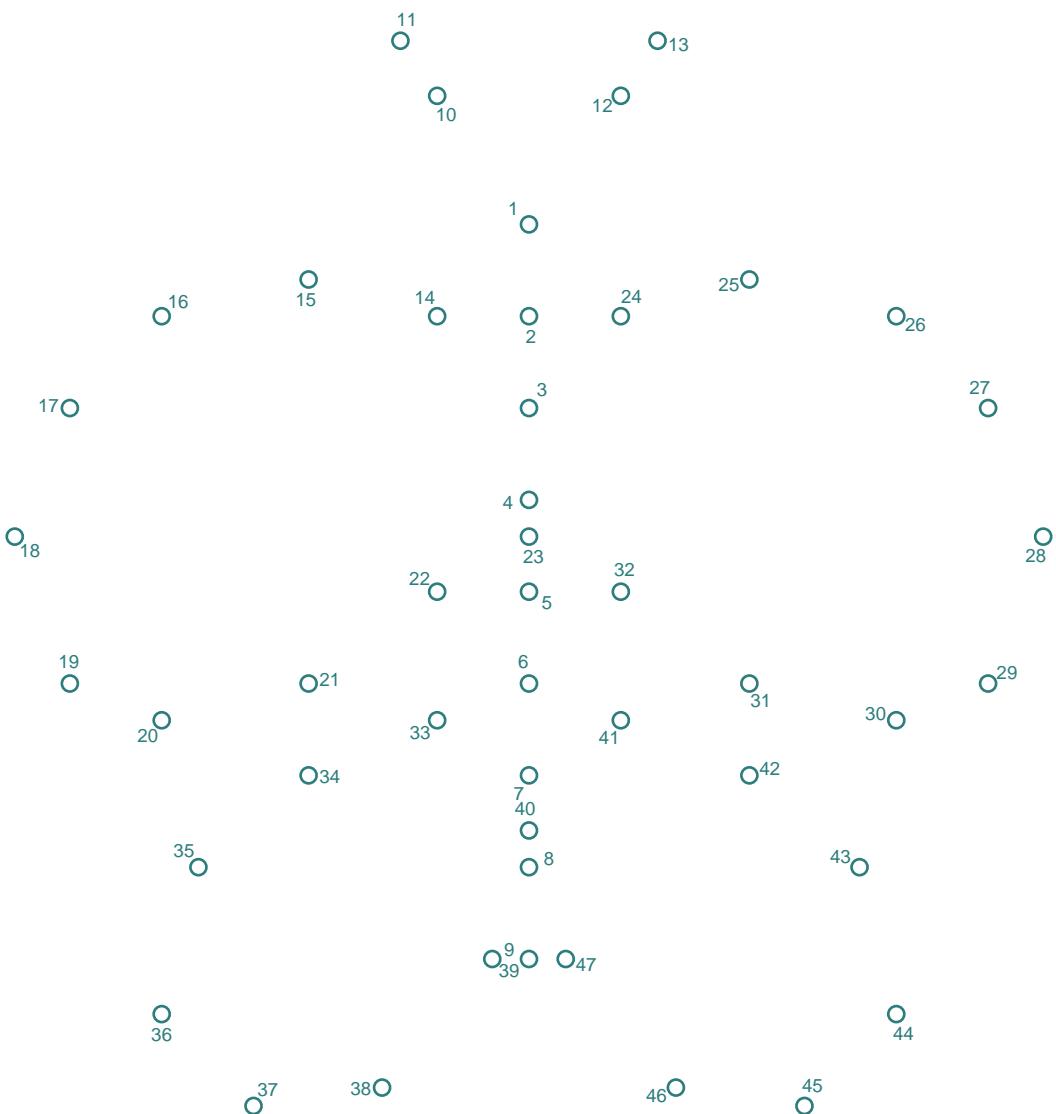
Breathe

As you connect each dot, take a slow breath in... and out. Let the word remind you: you have everything you need in this moment.



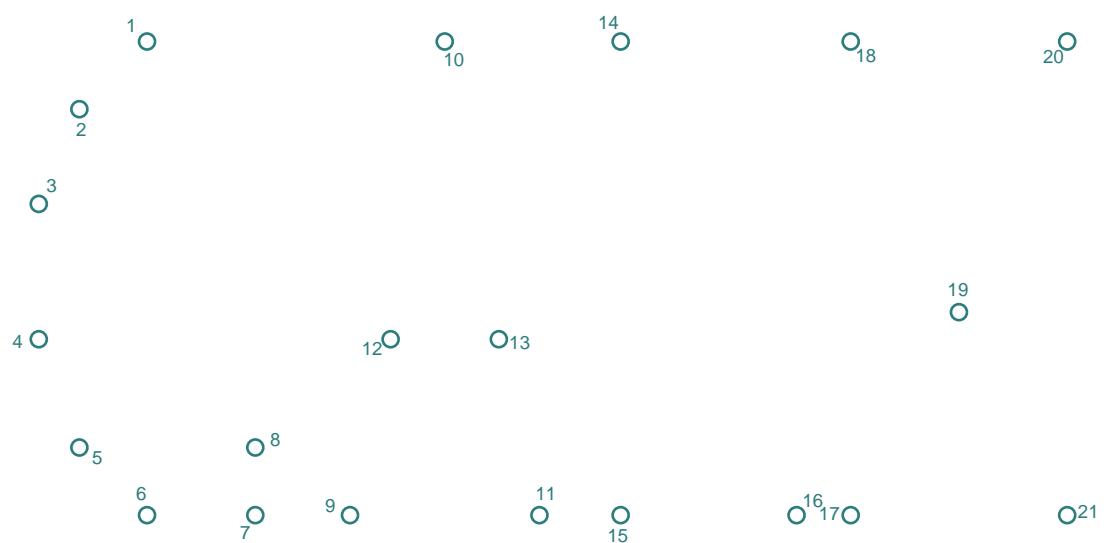
Butterfly

The butterfly reminds us that transformation takes time. What changes are you growing through right now?



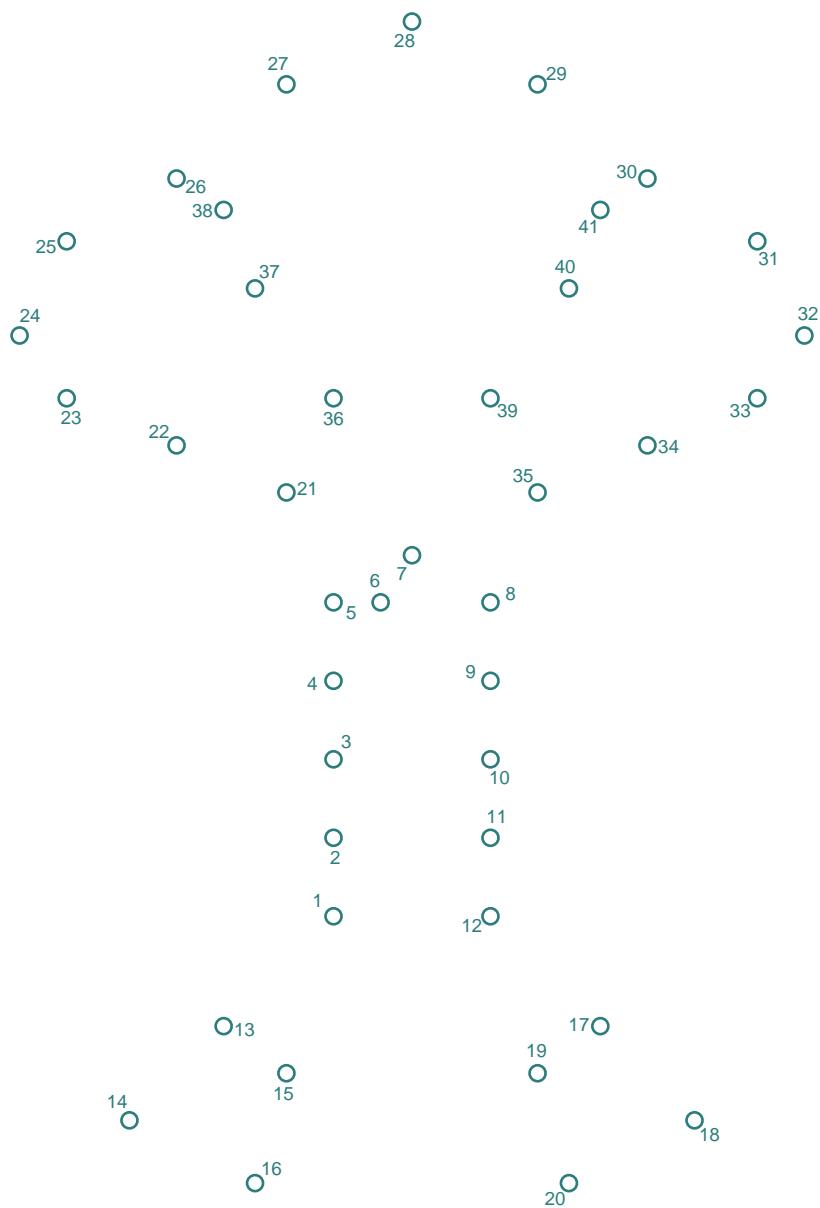
Calm

Calm is not the absence of storms - it's finding peace within them. You carry this stillness inside you.



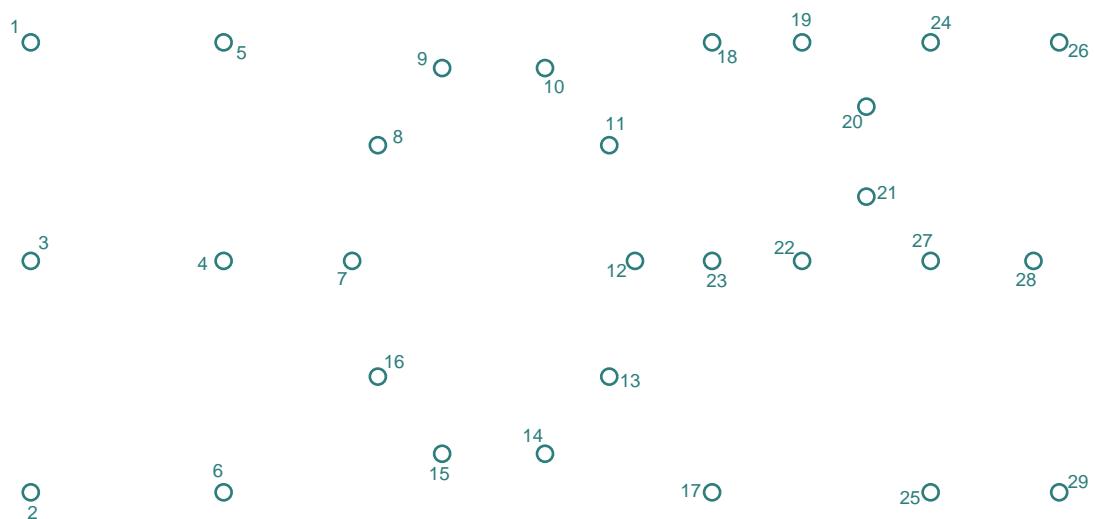
Tree of Strength

Like a tree, your roots run deep even when you cannot see them. What keeps you grounded?



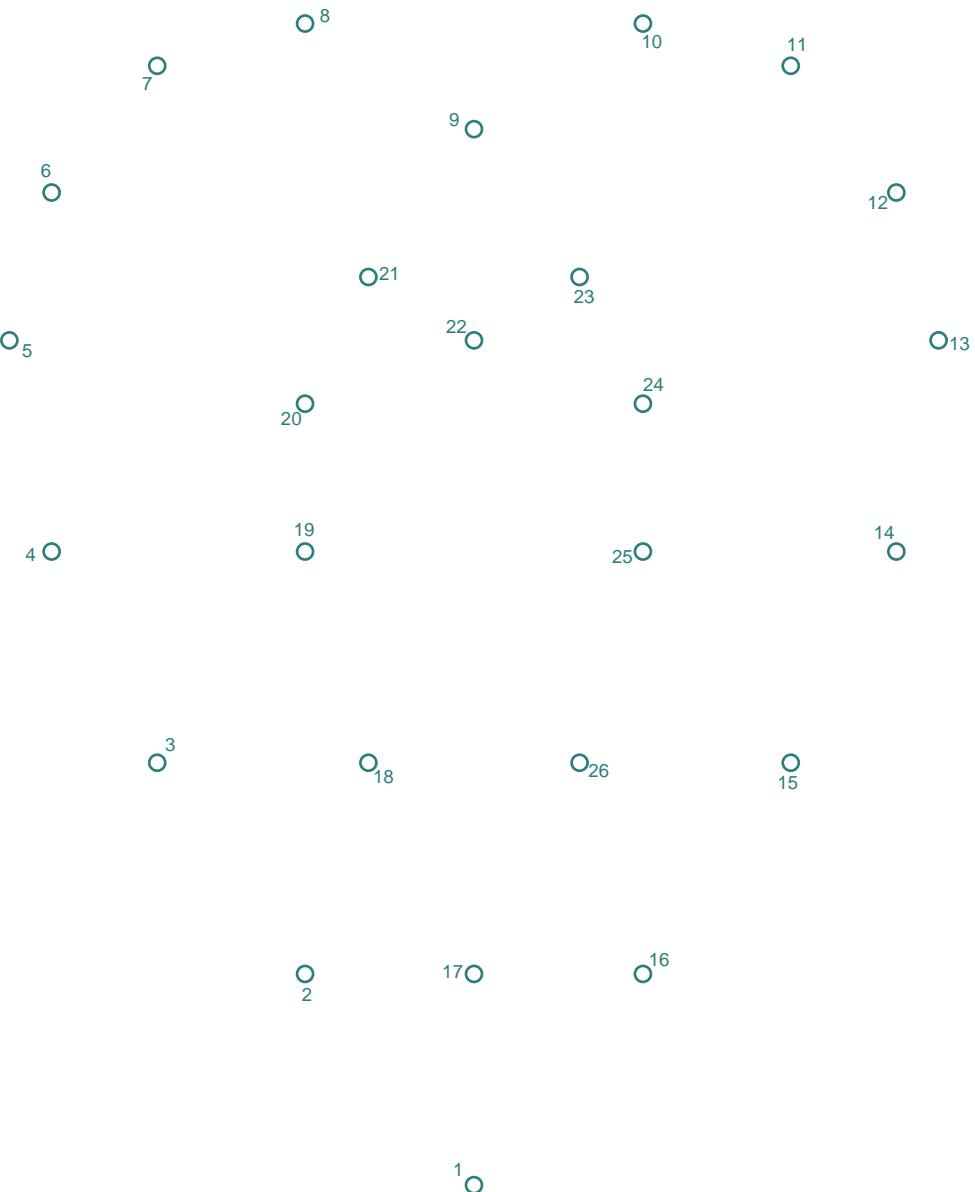
Hope

Hope is not pretending that things are fine. It's believing that light can find its way through.



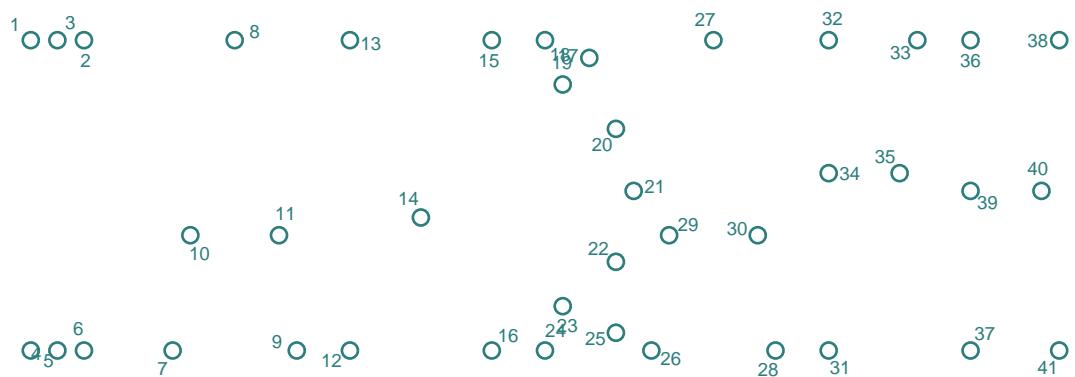
Heart

Place your hand on your heart as you complete this. You deserve the same kindness you give to others.



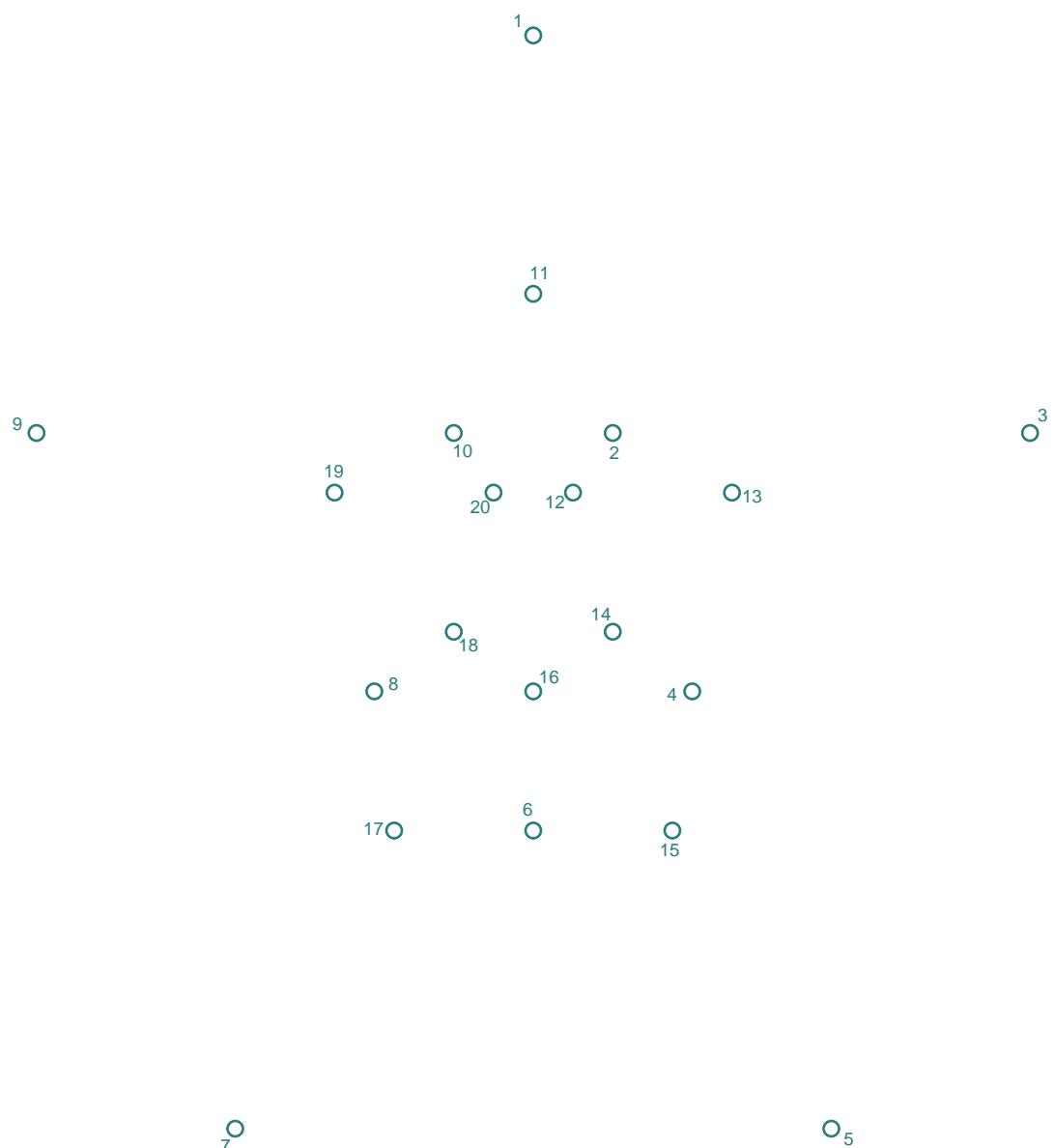
I Am Safe

Right now, in this moment, you are safe. Your nervous system can soften. You are okay.



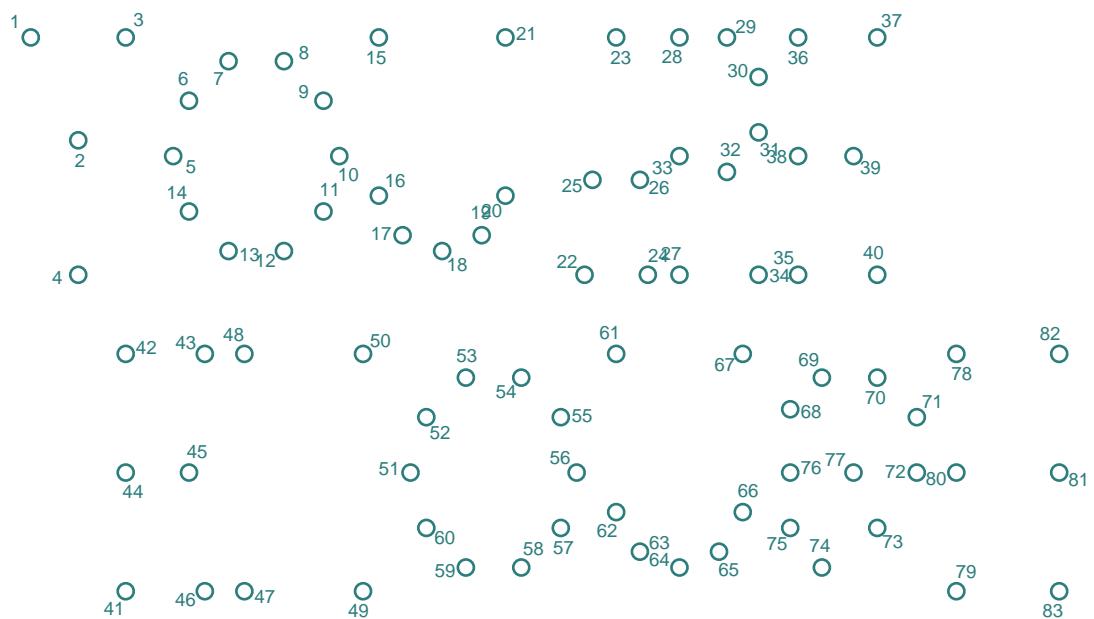
Star

Even on the darkest nights, stars find a way to shine. Your light matters, even when you cannot see it.



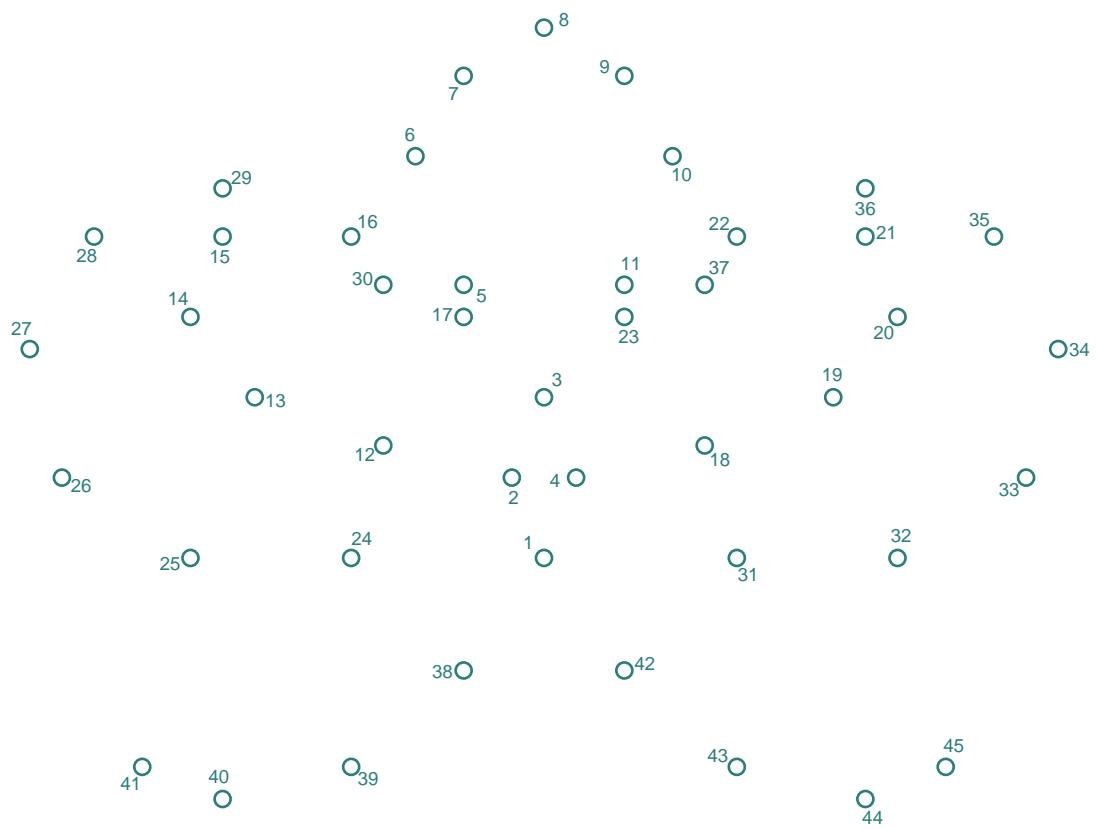
You Are Enough

You don't need to earn your worth. You don't need to prove yourself. You already are enough.



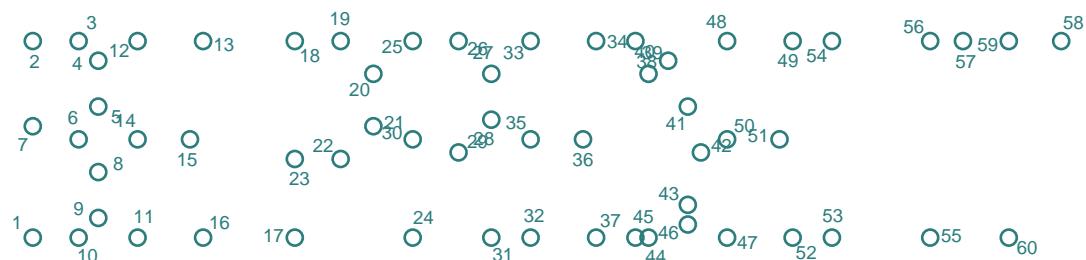
Lotus

The lotus blooms in muddy water. Your struggles are not obstacles to growth - they are the soil it grows from.



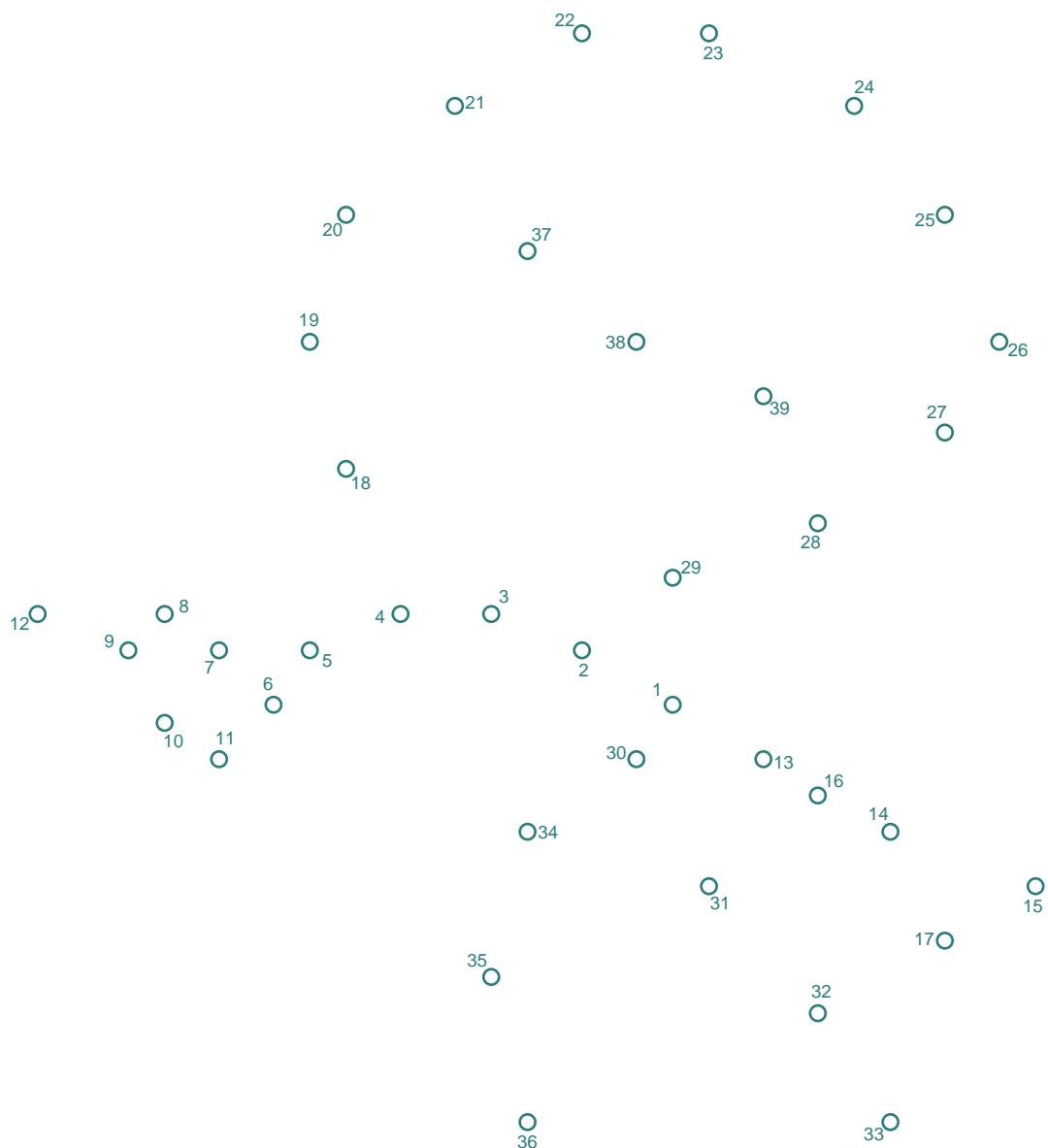
Be Present

The past has passed. The future hasn't arrived. This moment is the only one you have. Be here now.



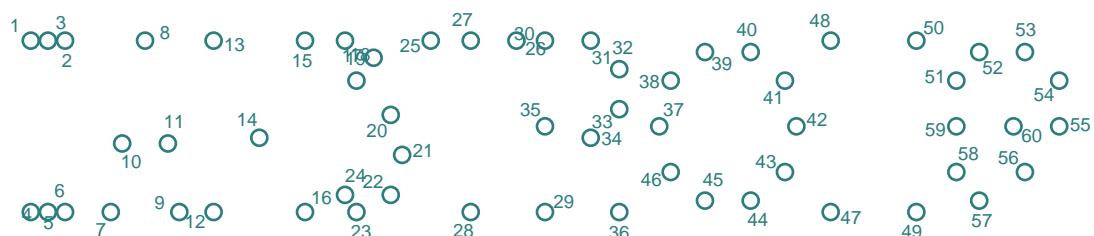
Bird in Flight

What would it feel like to let go? To trust the air beneath your wings? You are lighter than you think.



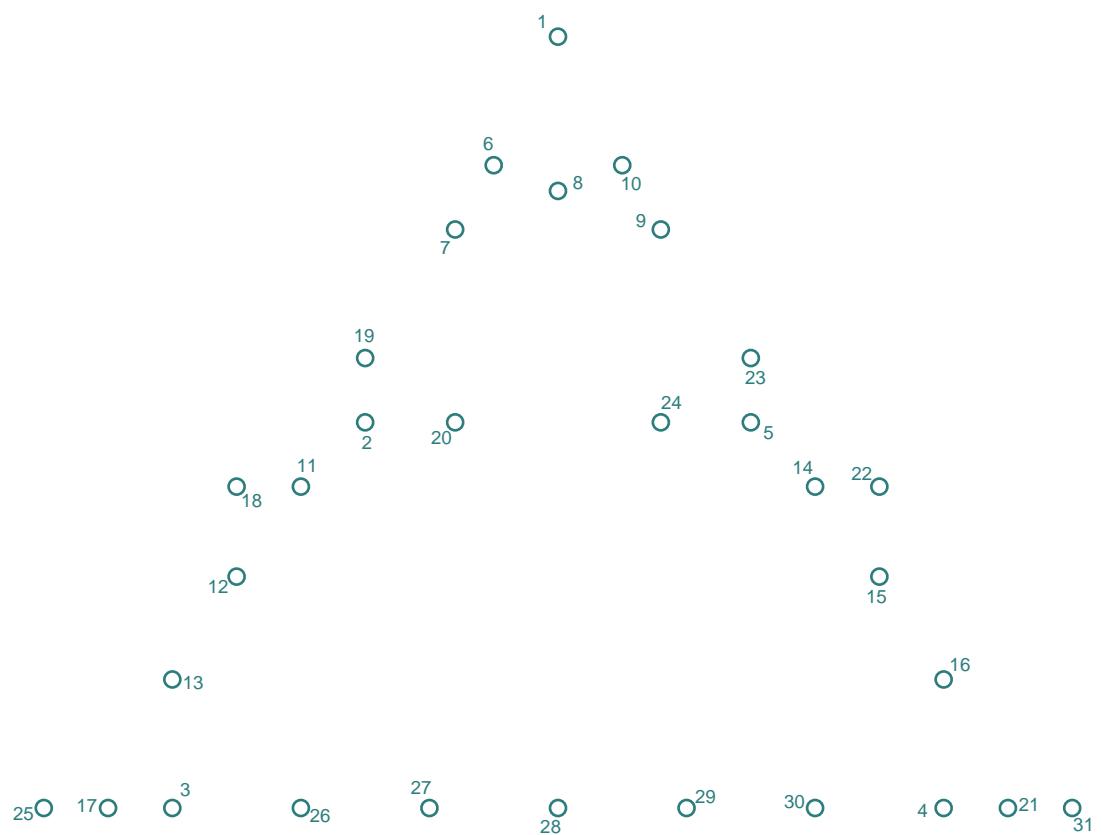
I Am Strong

Strength is not about never falling. It's about rising again. And again. You have done this before.



Mountain

The mountain does not move for the storm. It simply is. What would it feel like to stand that steady?



Peace

Peace is not something you find. It's something you practice. Start here. Start now. One dot at a time.

