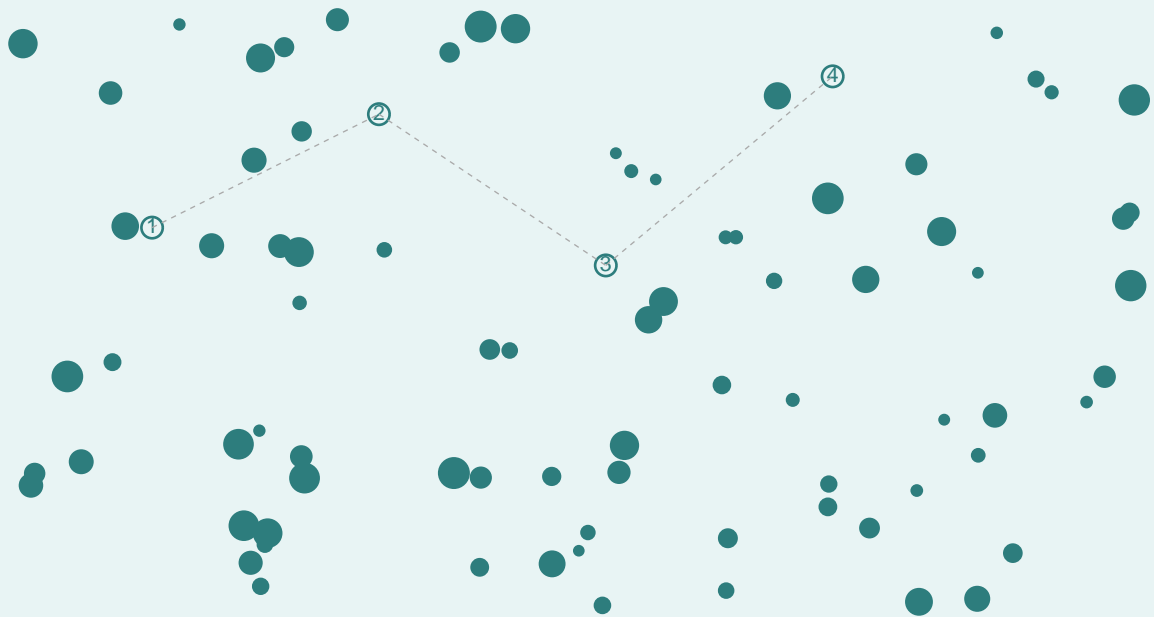


# Mindful Dot-to-Dot

Positive Affirmations & Calming Images



*A therapeutic activity book*

*for mindful moments*

**Dragonfly Psychotherapy**

[www.dragonflytherapy.co.uk](http://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.

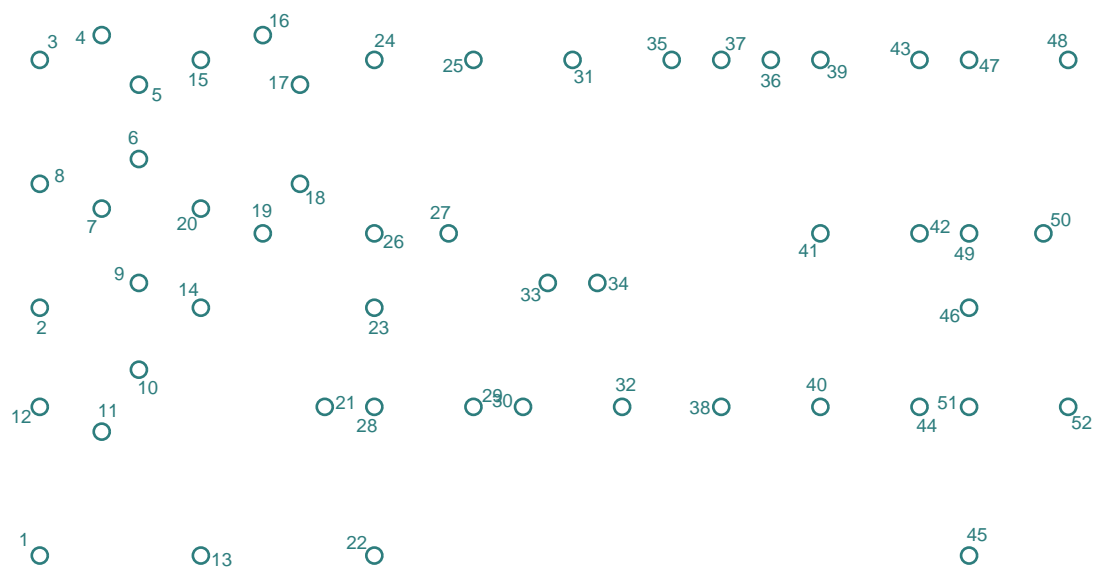
## Making It Mindful

- 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.*

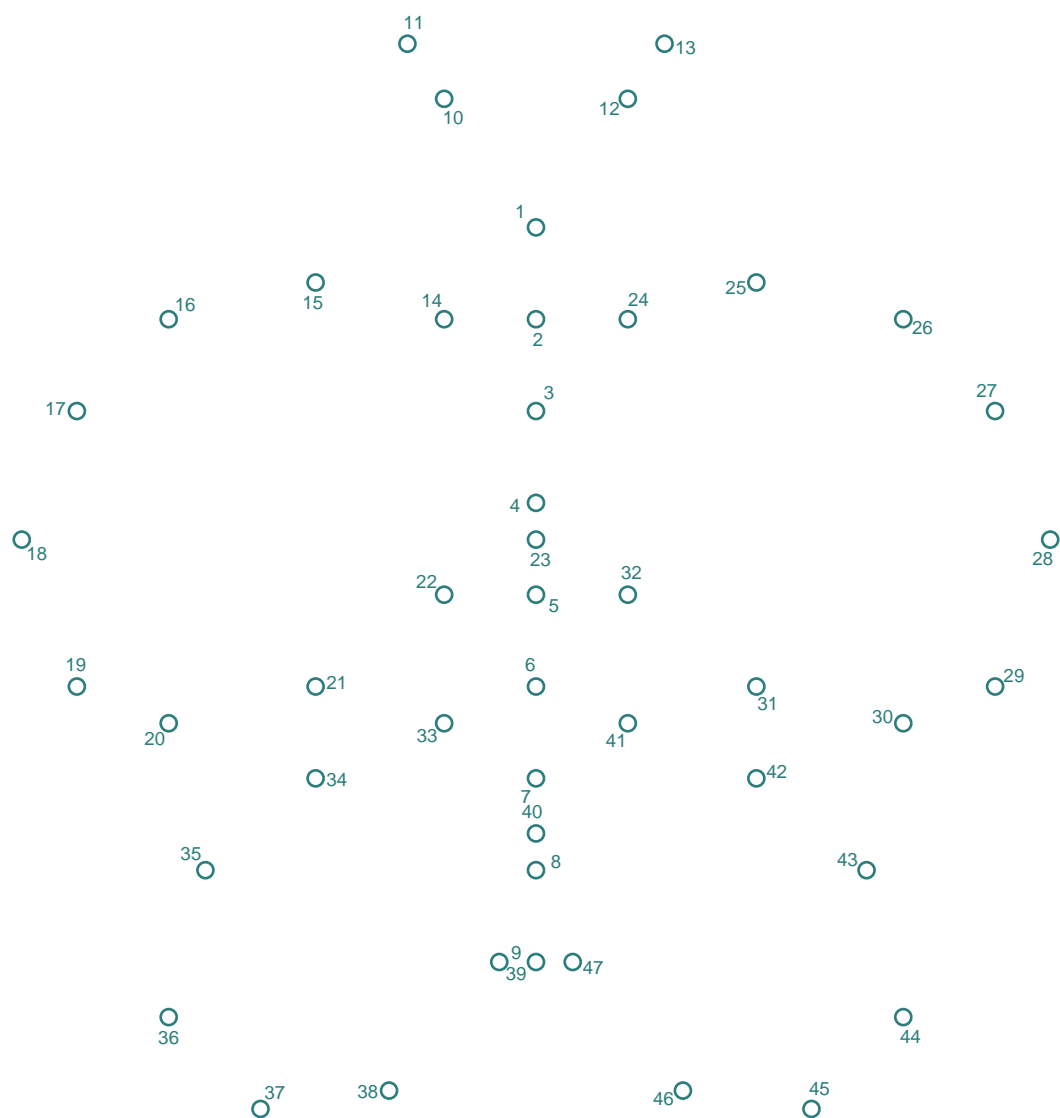
# Breathe

*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.*



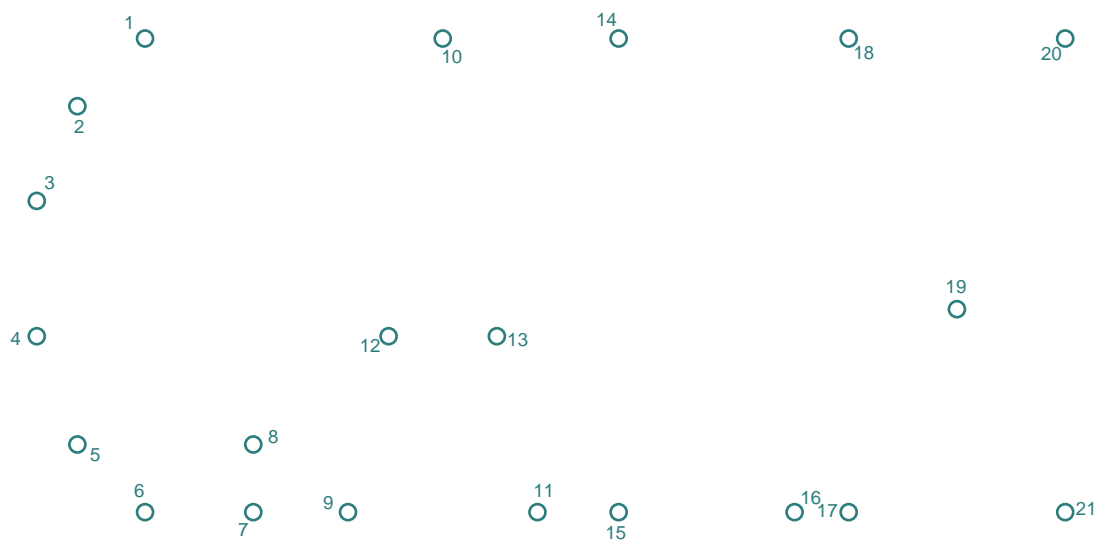
# Butterfly

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



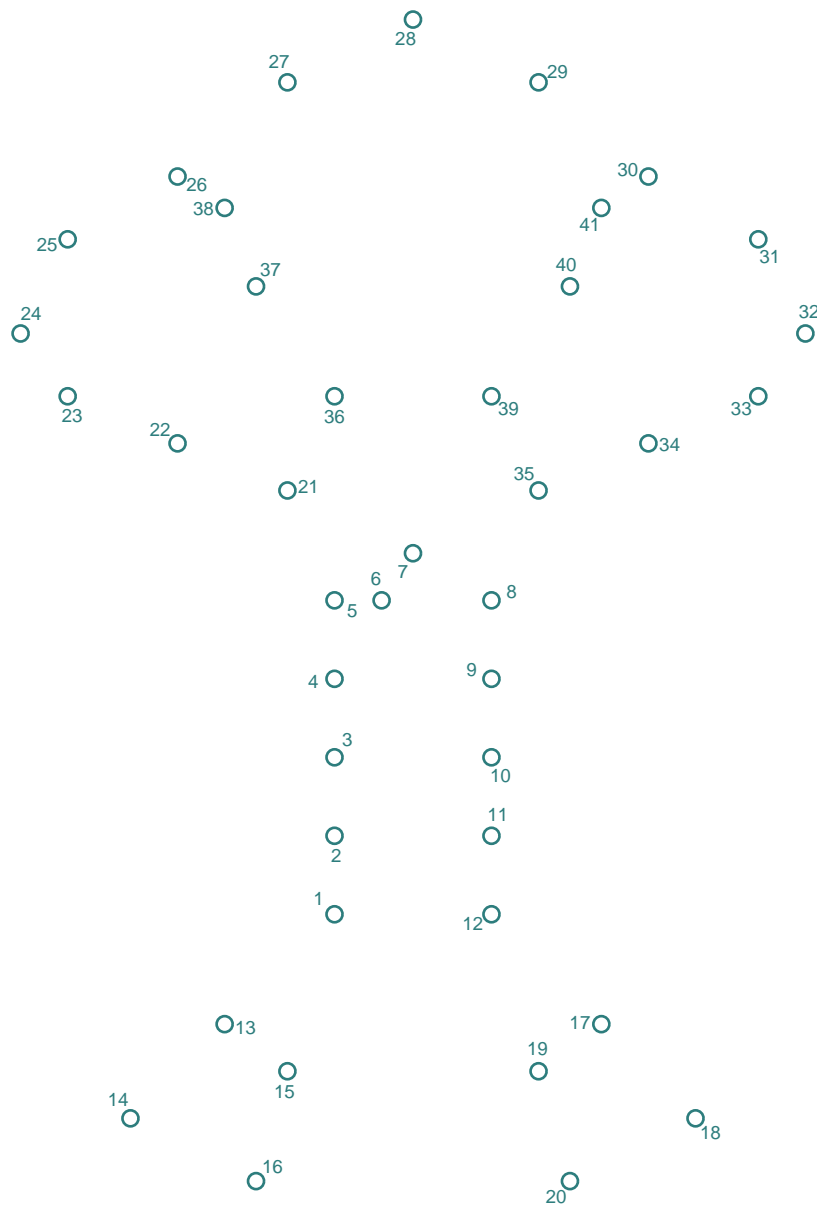
# Calm

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



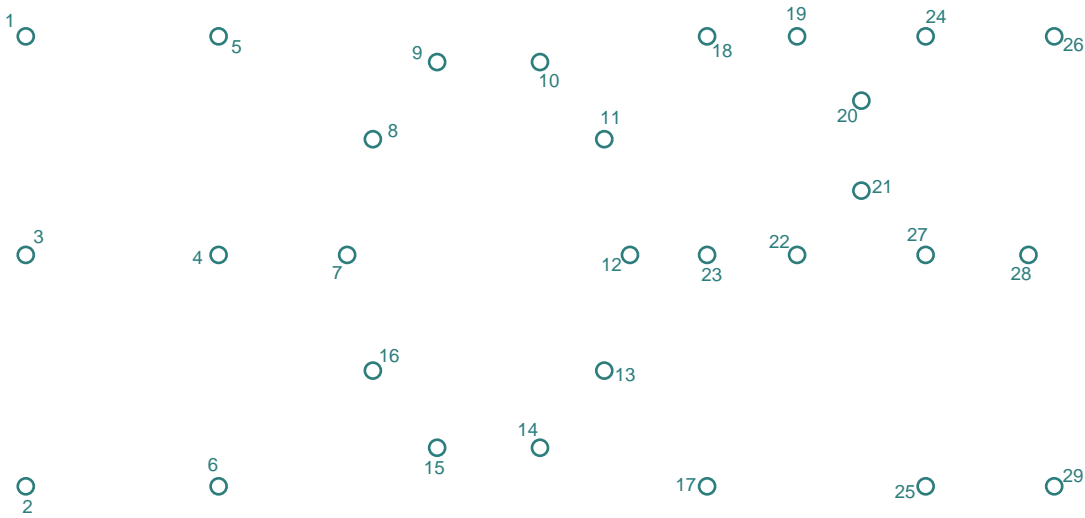
# Tree of Strength

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



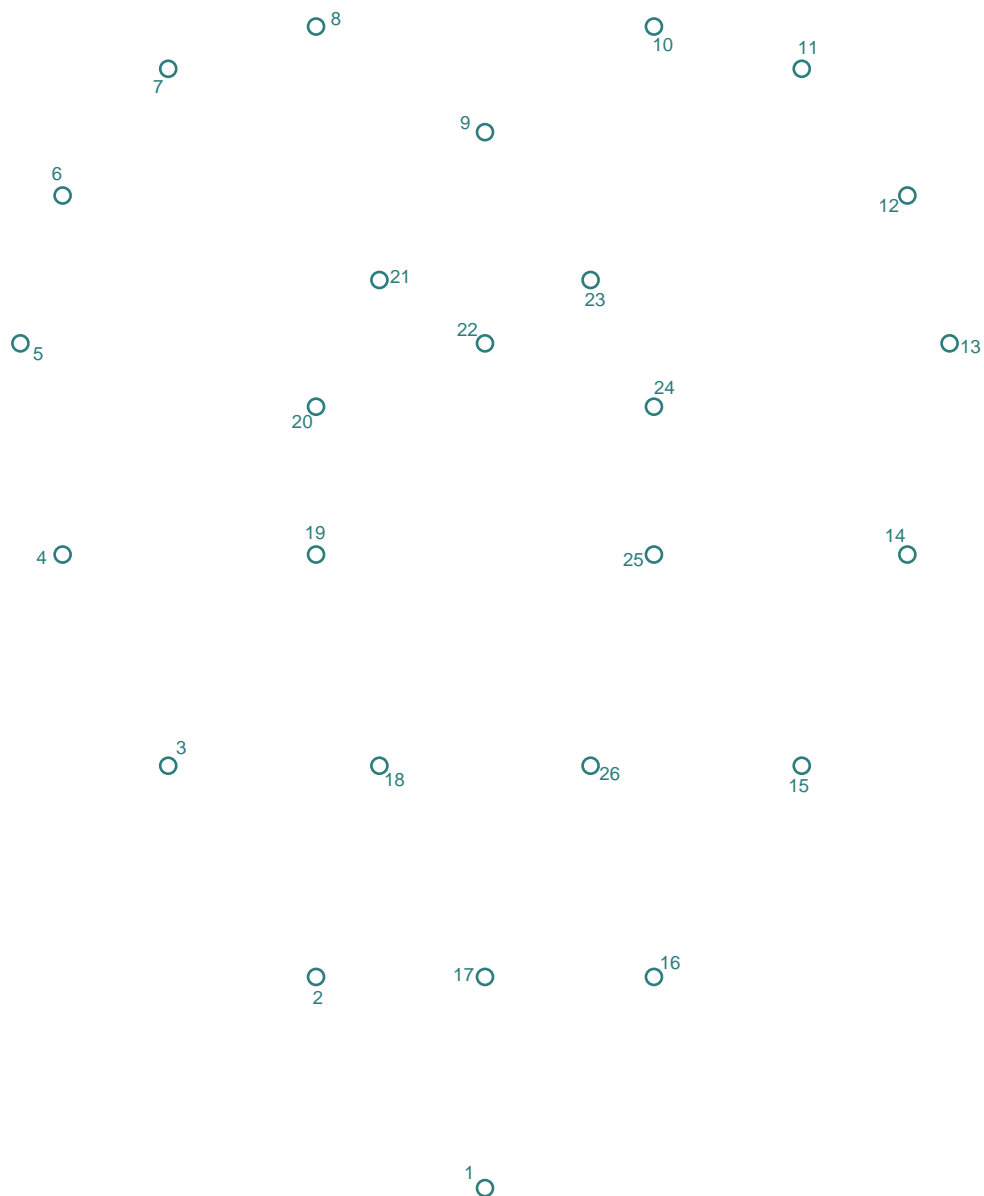
# Hope

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



# Heart

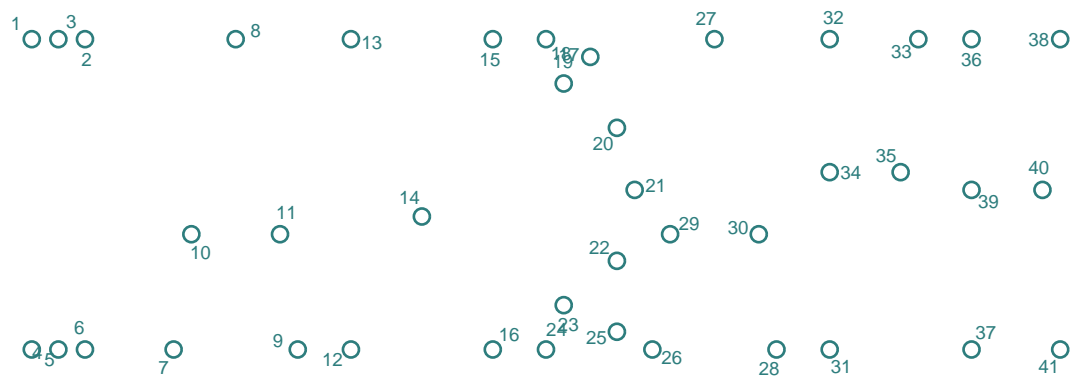
*Place your hand on your heart as you complete this. You deserve the same kindness you give to others.*





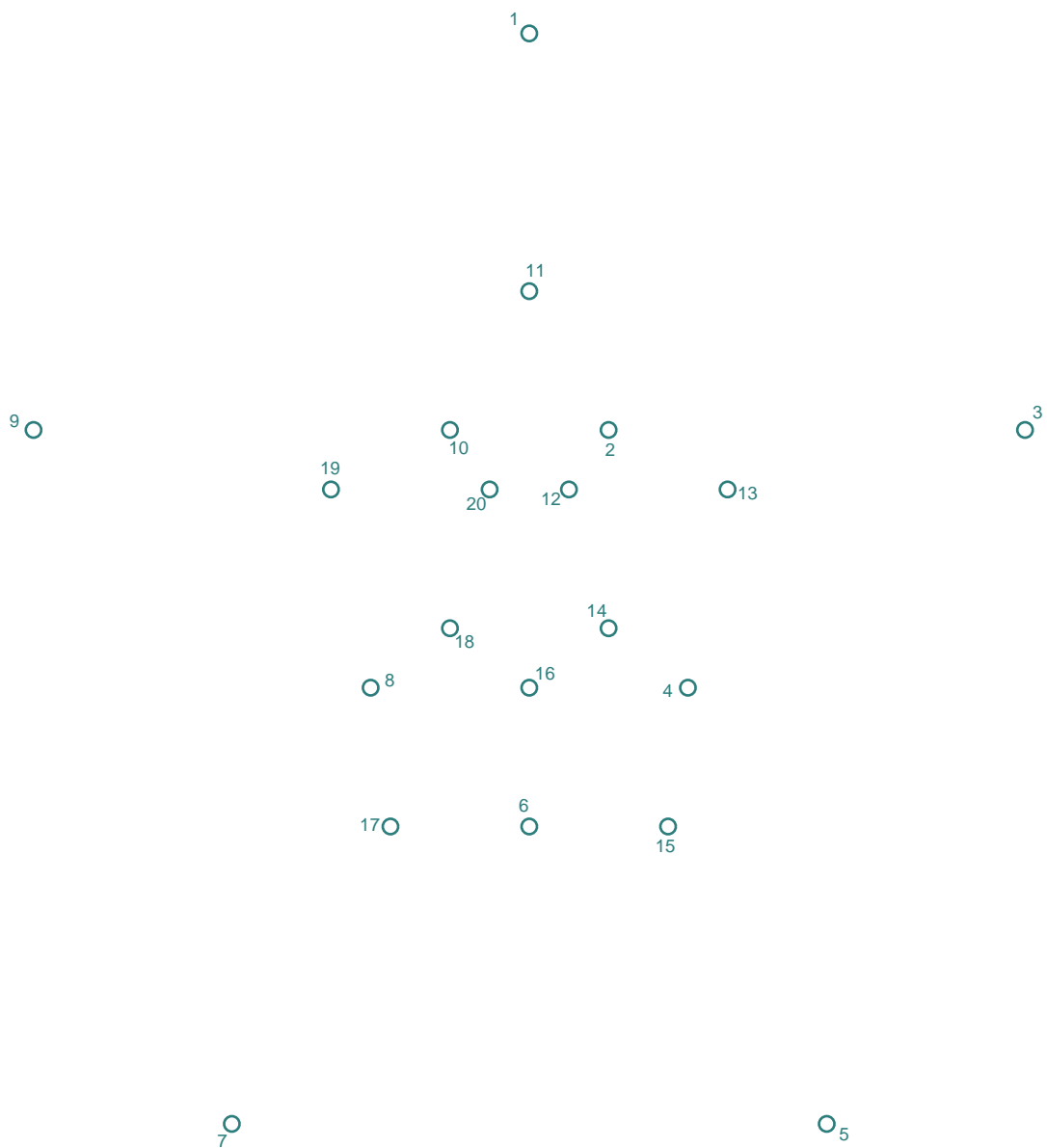
# I Am Safe

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



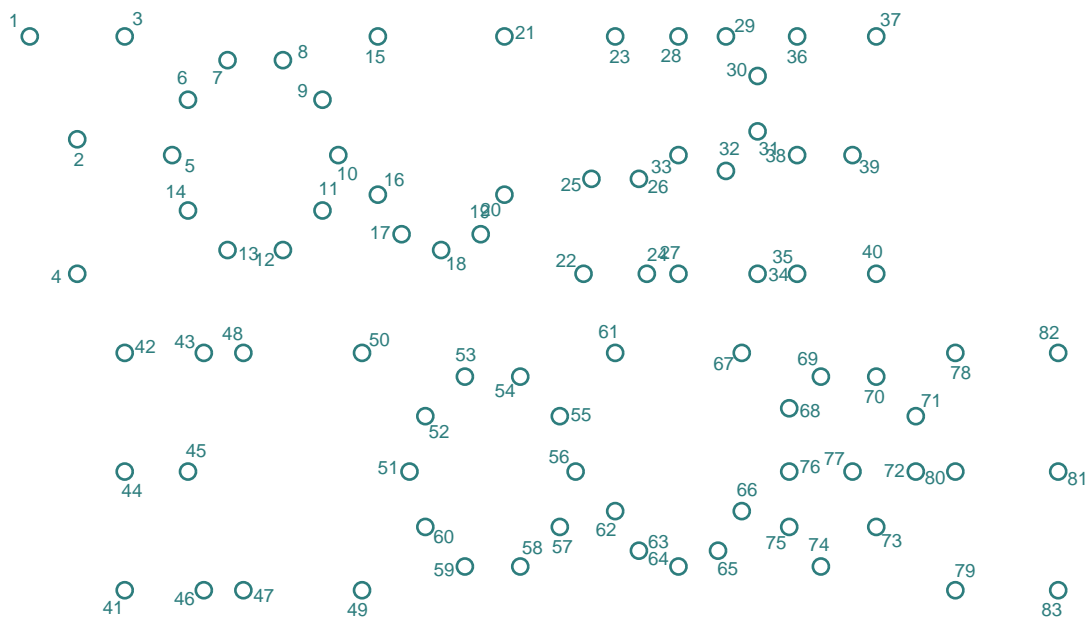
# Star

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



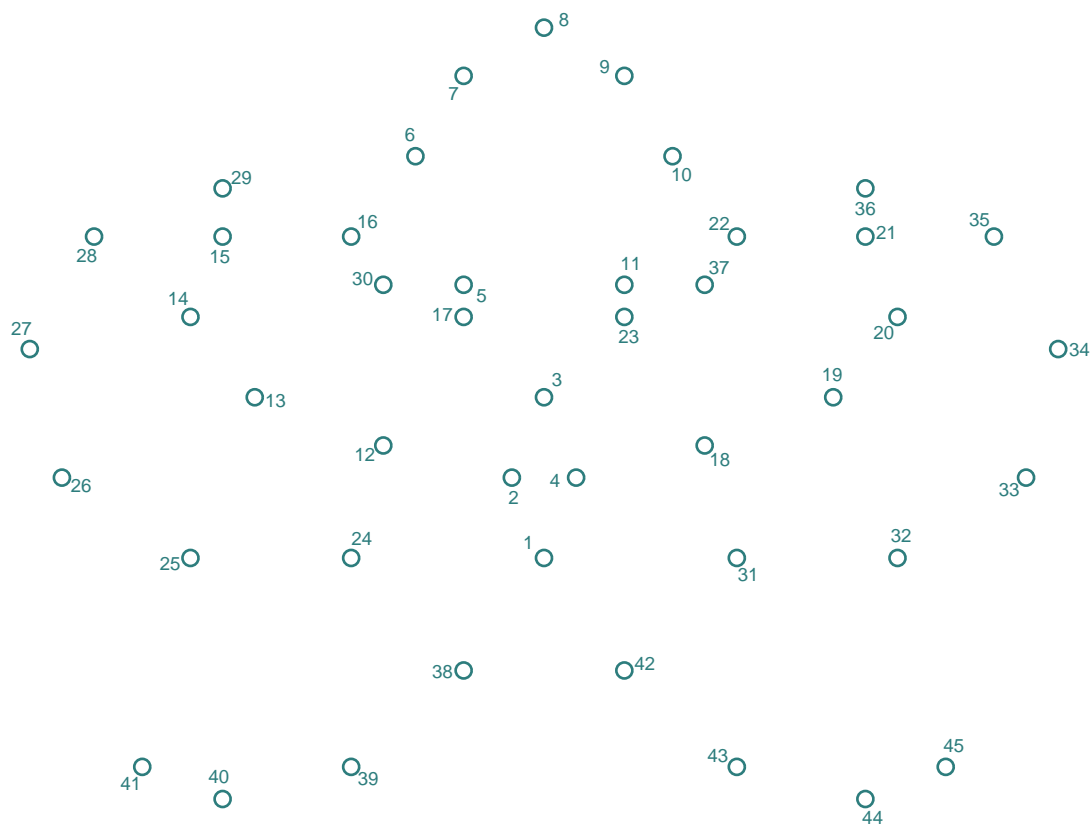
# You Are Enough

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



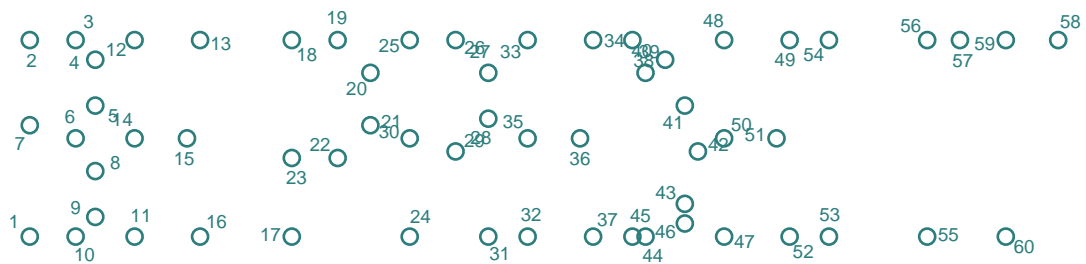
# Lotus

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



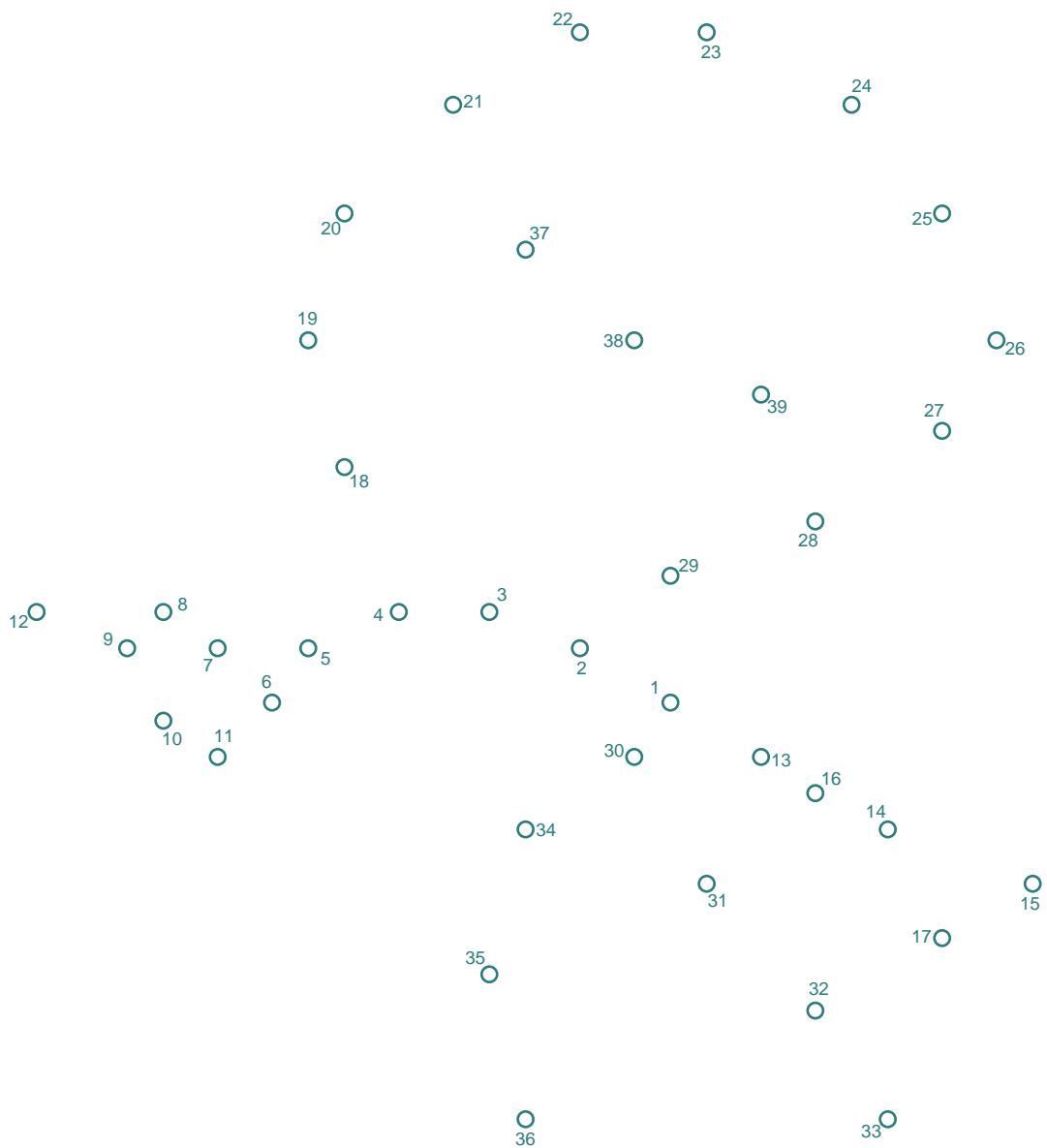
# Be Present

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



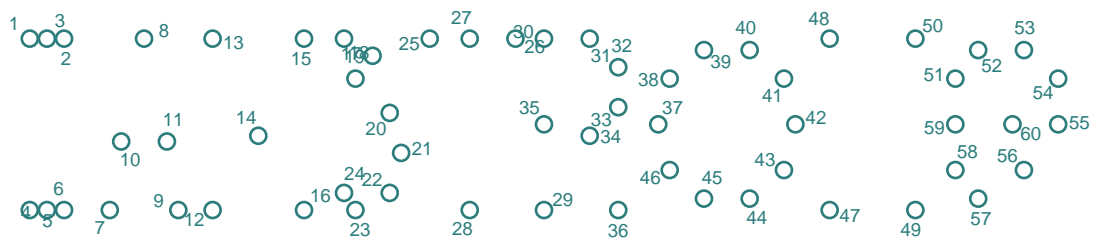
# Bird in Flight

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



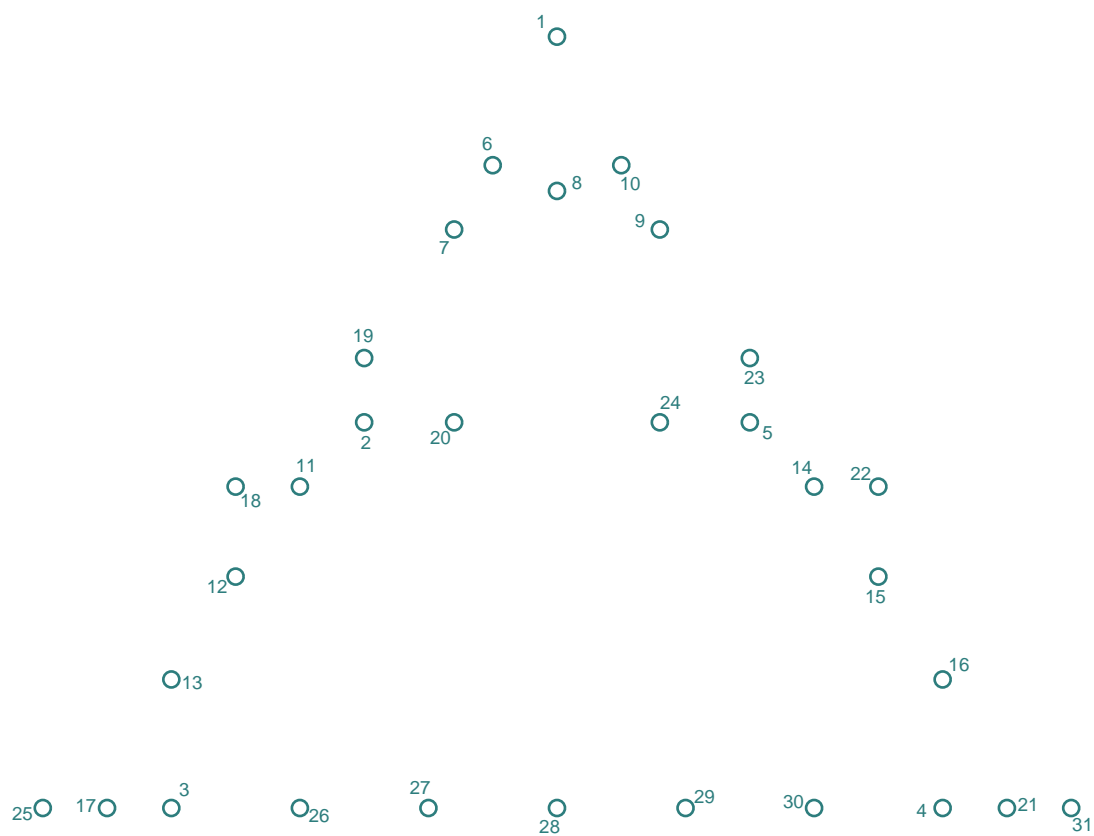
# I Am Strong

*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.*

