

Adult Colouring Fun

A MINDFUL
LEADERSHIP
COLOURING
JOURNEY

My Message To You

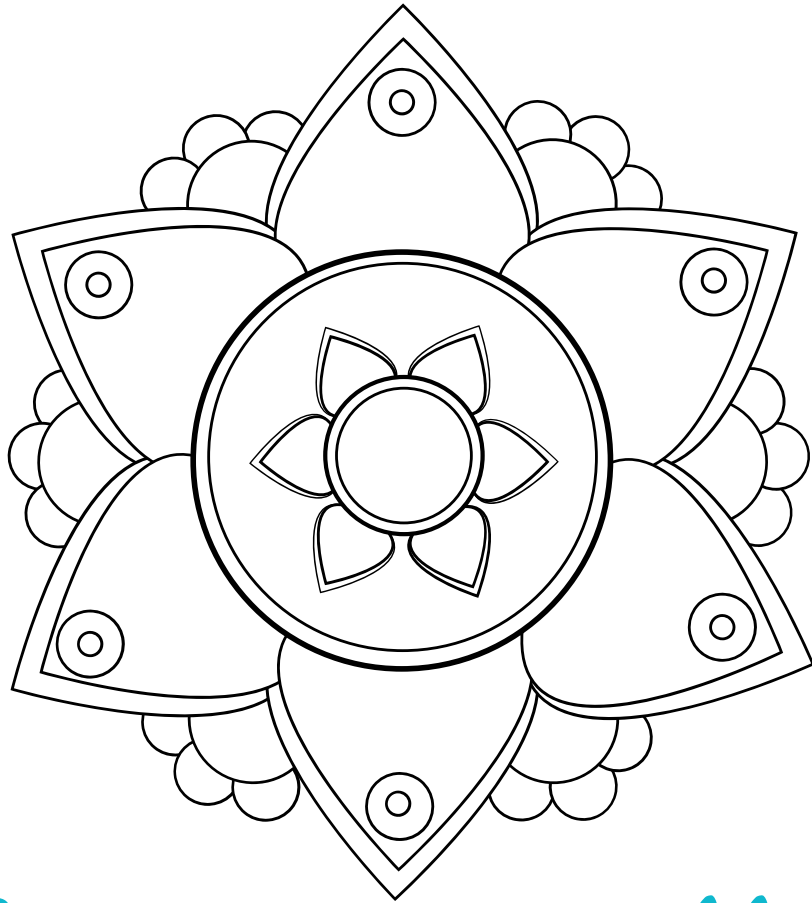
Welcome to a different kind of leadership journey, one that invites you to slow down, colour outside the lines, and reconnect with the leader within.

This book is part reflection, part creativity, and a whole lot of mindful exploration. Each page is a reminder that great leadership doesn't come from rushing or striving, it grows from awareness, presence, and the courage to pause.

So, grab your colours, take a breath, and give yourself permission to play. Let the act of colouring become a moment of calm, a spark of insight, or even a quiet reset between busy days.

There's no right way to do this, just your way. May these pages remind you that leadership and mindfulness aren't about perfection; they're about showing up, staying curious, and colouring your path with intention.

Being Self Aware is
Everything



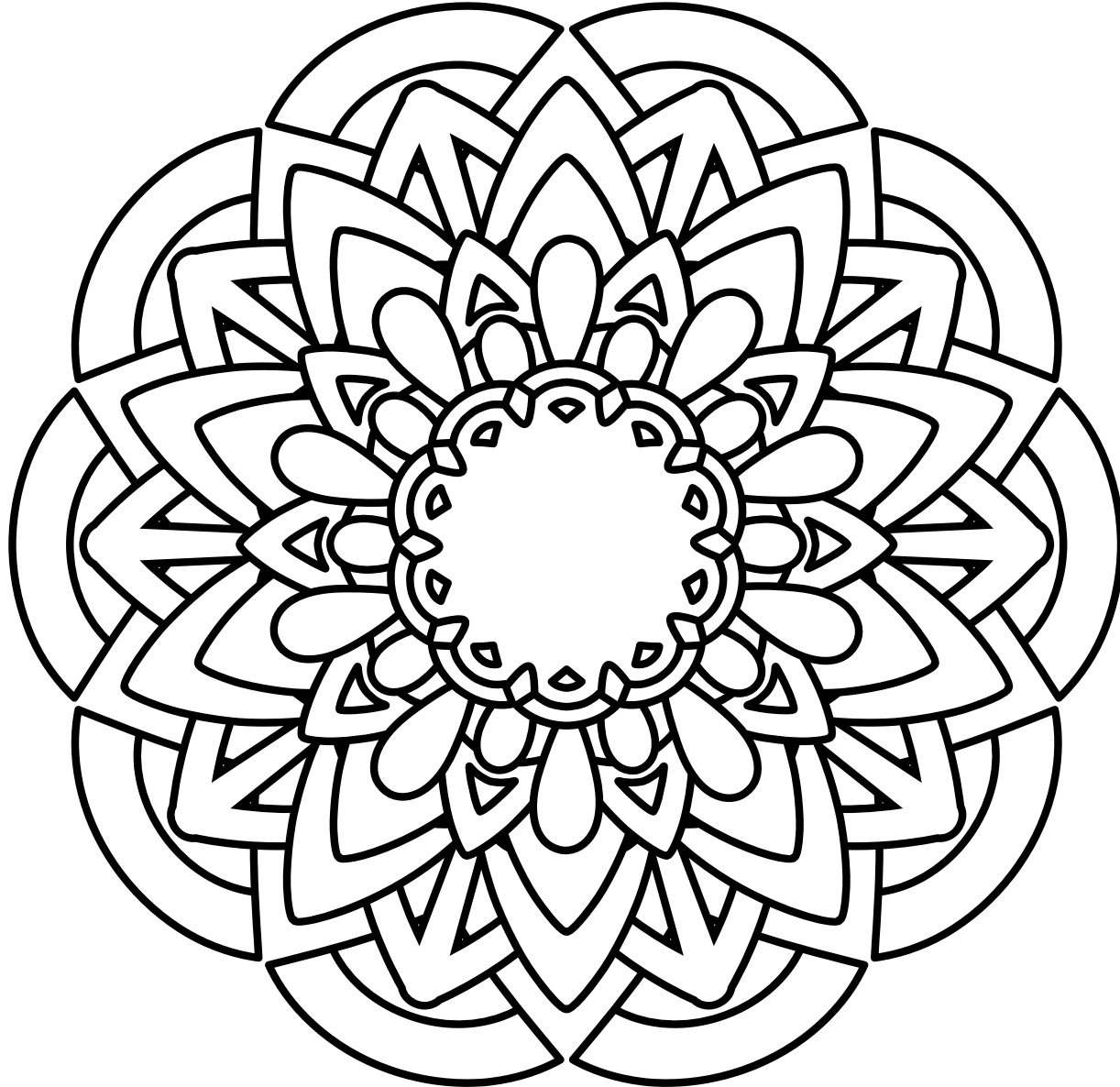
"Leaders pay attention"

Journal: What habits or thoughts help me stay grounded?



A decorative journal page with a pink border and a yellow wavy background. The page features three horizontal lines for writing. It is adorned with pink hearts: three hearts along the top edge and three hearts along the bottom edge.

Balance & Boundaries



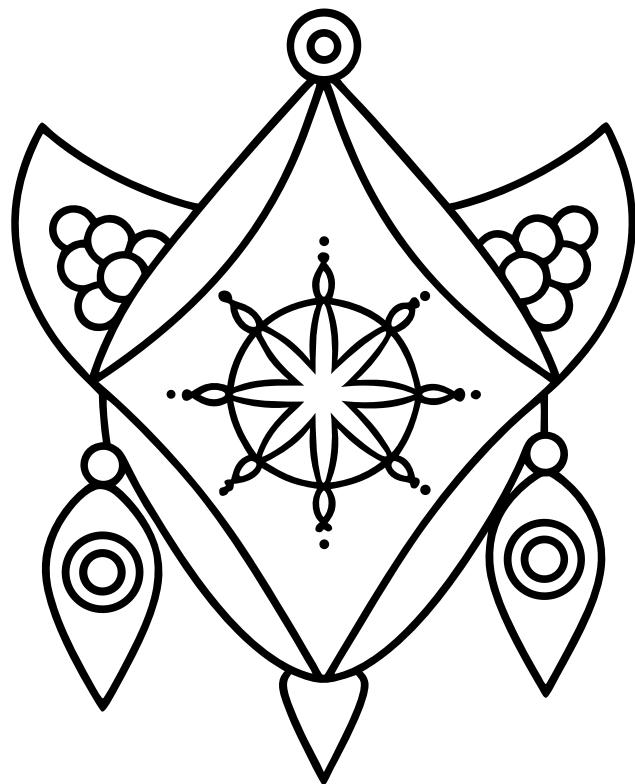
“Be tender with yourself”

JOURNAL: WHAT STRATEGIES HELP ME STAY TRUE TO MYSELF?



A light purple journal page with horizontal blue lines. Two yellow sticky tabs are attached to the top edge. The page is blank, ready for writing.

Presence & Peace

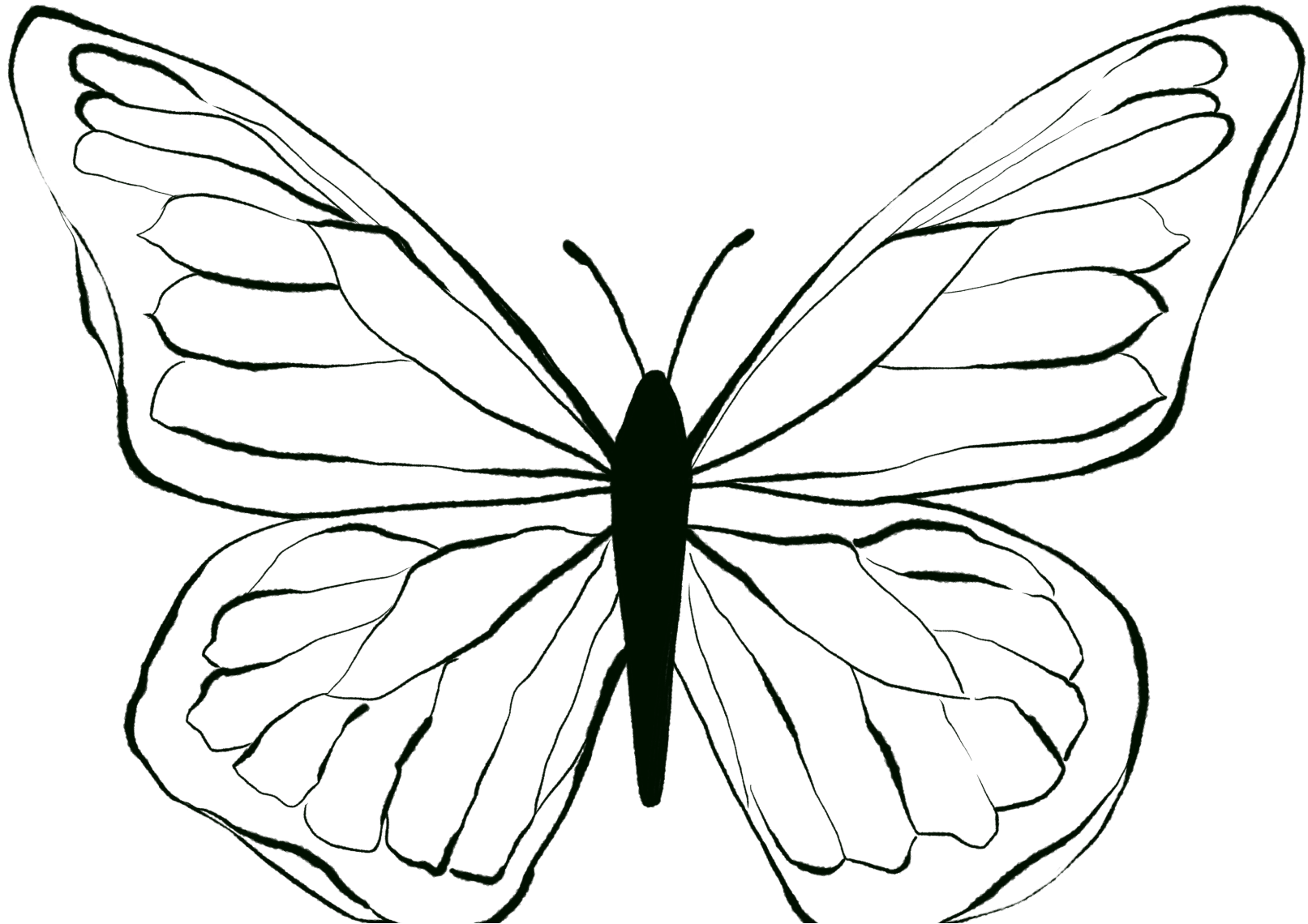


“Quiet moments allow you to hear yourself. Listen with curiosity!”



**JOURNAL: WHO HAS INFLUENCED MY LEADERSHIP
STYLE THE MOST, AND WHY?**

Let Go & Trust the Process

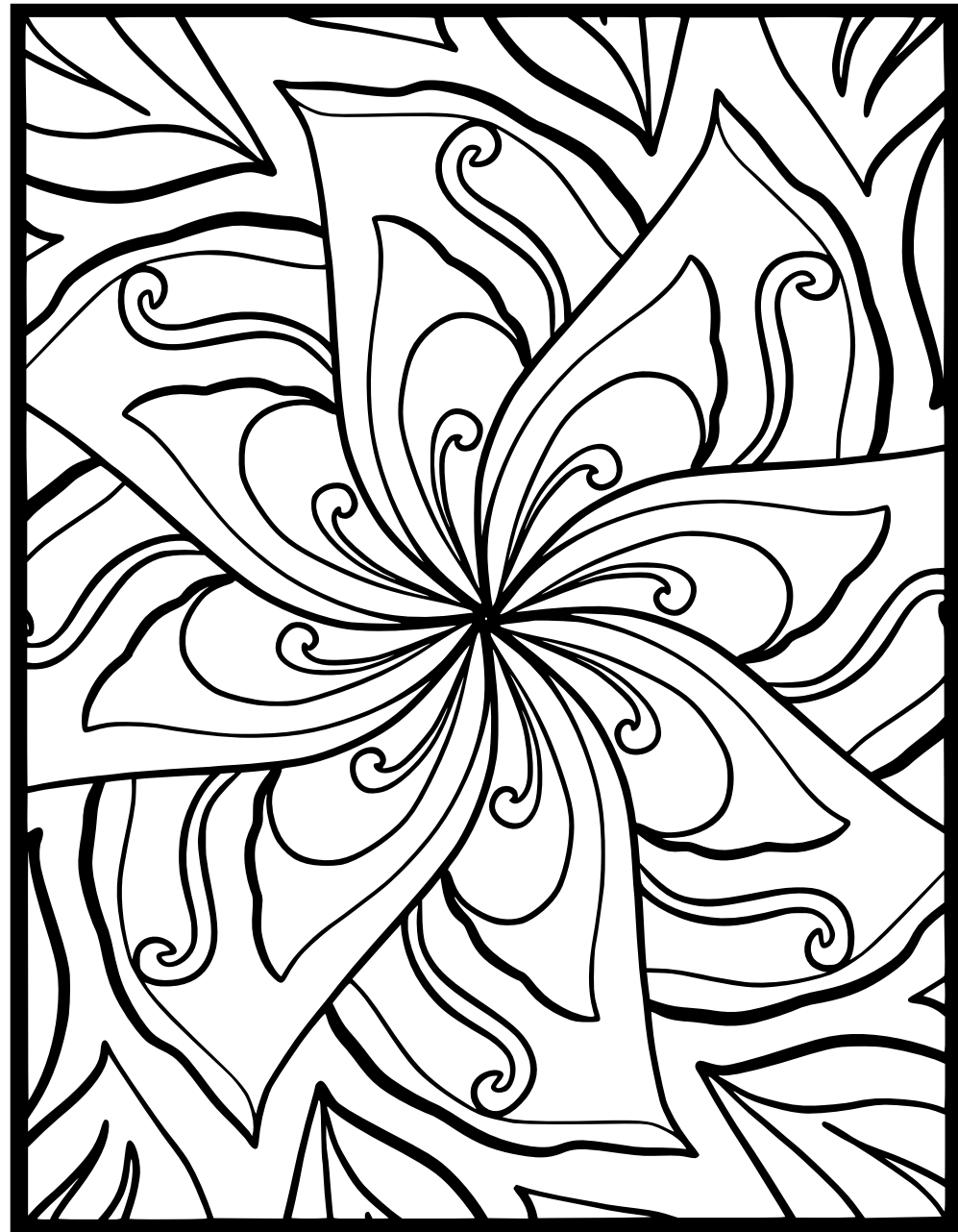


“Release your inner creativity and feel the freedom.”

Journal: How do I balance, intuition, and empathy?



*"Trees with deep
roots, stand firm"*

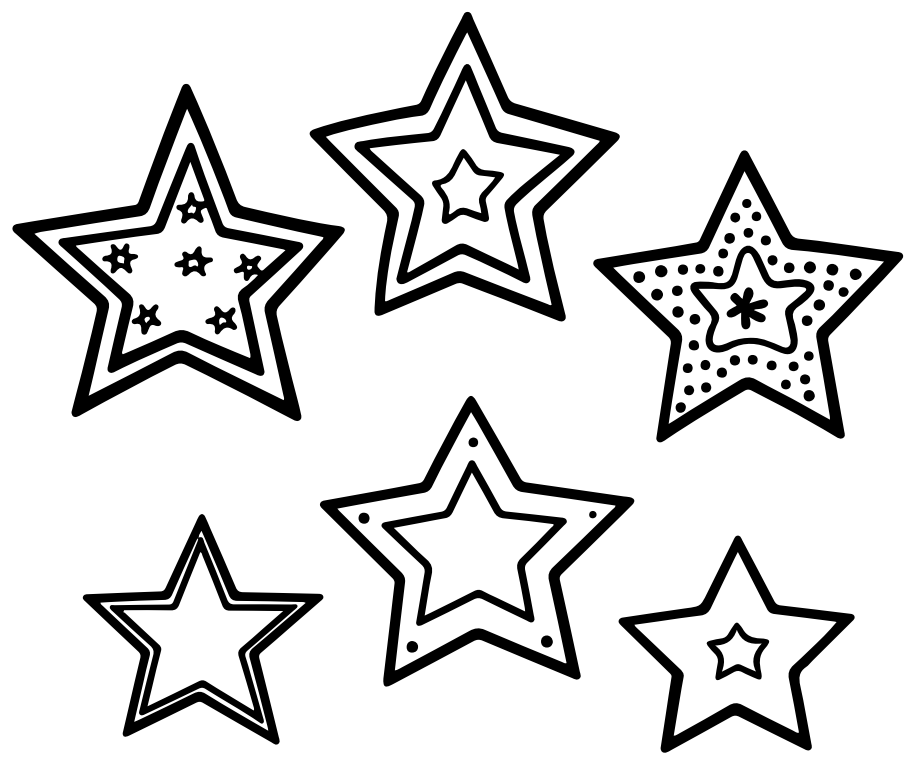


VULNERABILITY
IS A SUPERPOWER

**JOURNAL: HOW CAN I LEAD WITH MORE
COURAGE AND SOFTNESS?**



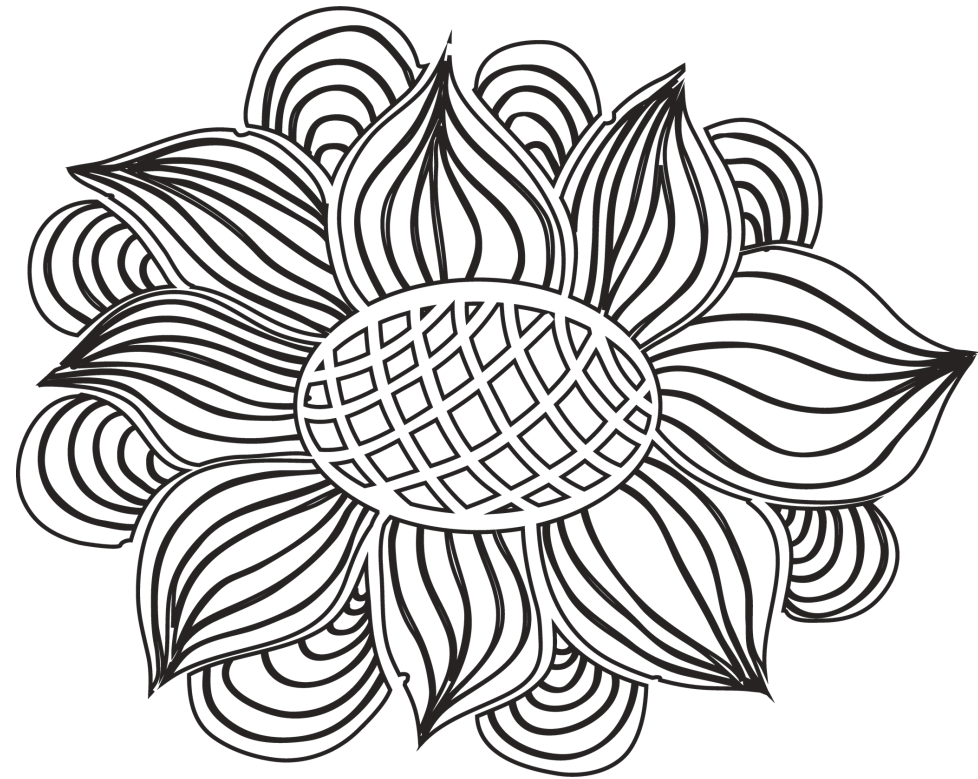
GRATITUDE & CONNECTION



**"SAYING THANK YOU OFTEN,
IS NOT A WEAKNESS"**

**JOURNAL: WHICH LEADERSHIP SKILL DO I MOST
WANT TO STRENGTHEN?**

Reflection



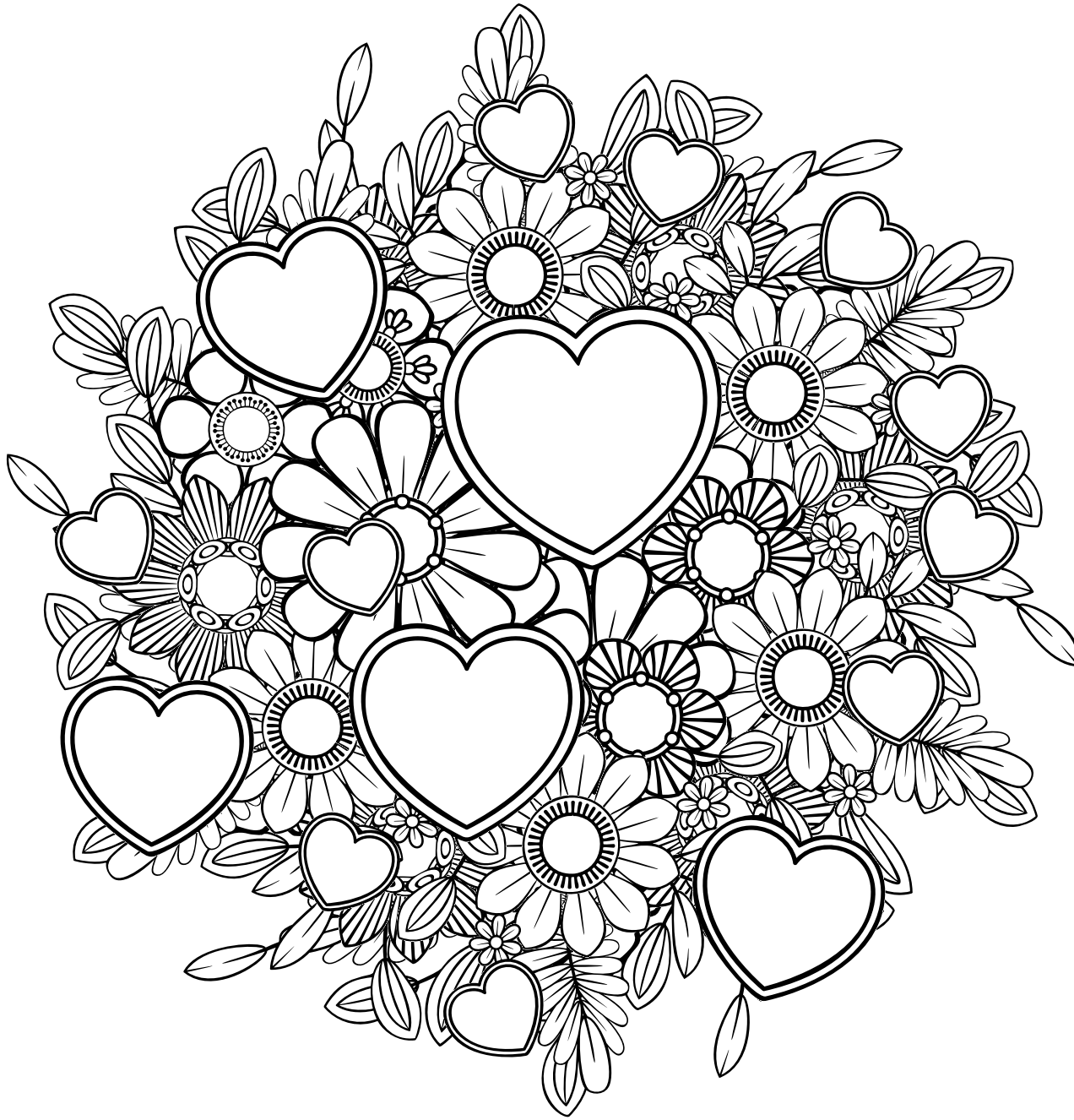
“I Am Enough!”

**WRITE A NOTE OF THANKS TO
SOMEONE WHO'S INSPIRED YOU.**



A blank sheet of lined paper with a red margin line on the left side and four binder holes. The paper is white with blue horizontal lines for writing. The red margin line is positioned approximately one-fifth of the way from the left edge. The four binder holes are evenly spaced along the left edge.

LEADING WITH HEART



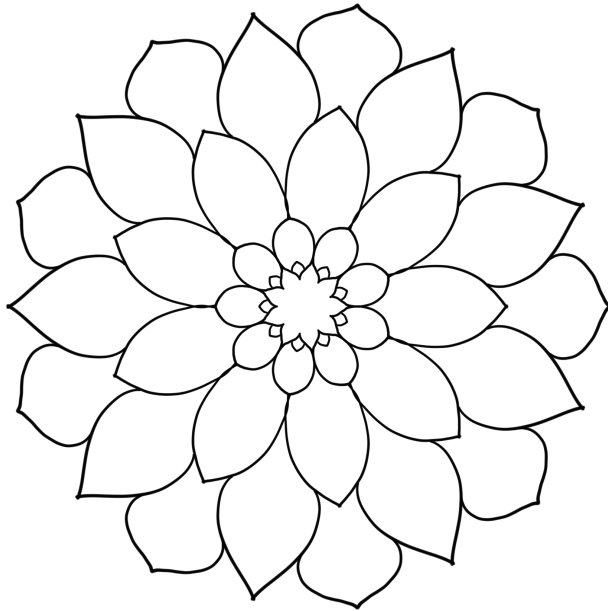
*"Good
Leadership
Always
Matters"*

JOURNAL: WRITE ABOUT A TIME
COMPASSION CHANGED AN OUTCOME.

A large yellow scalloped-edged area containing six horizontal teal lines for writing. The lines are evenly spaced and extend across the width of the yellow area.

LEADERSHIP

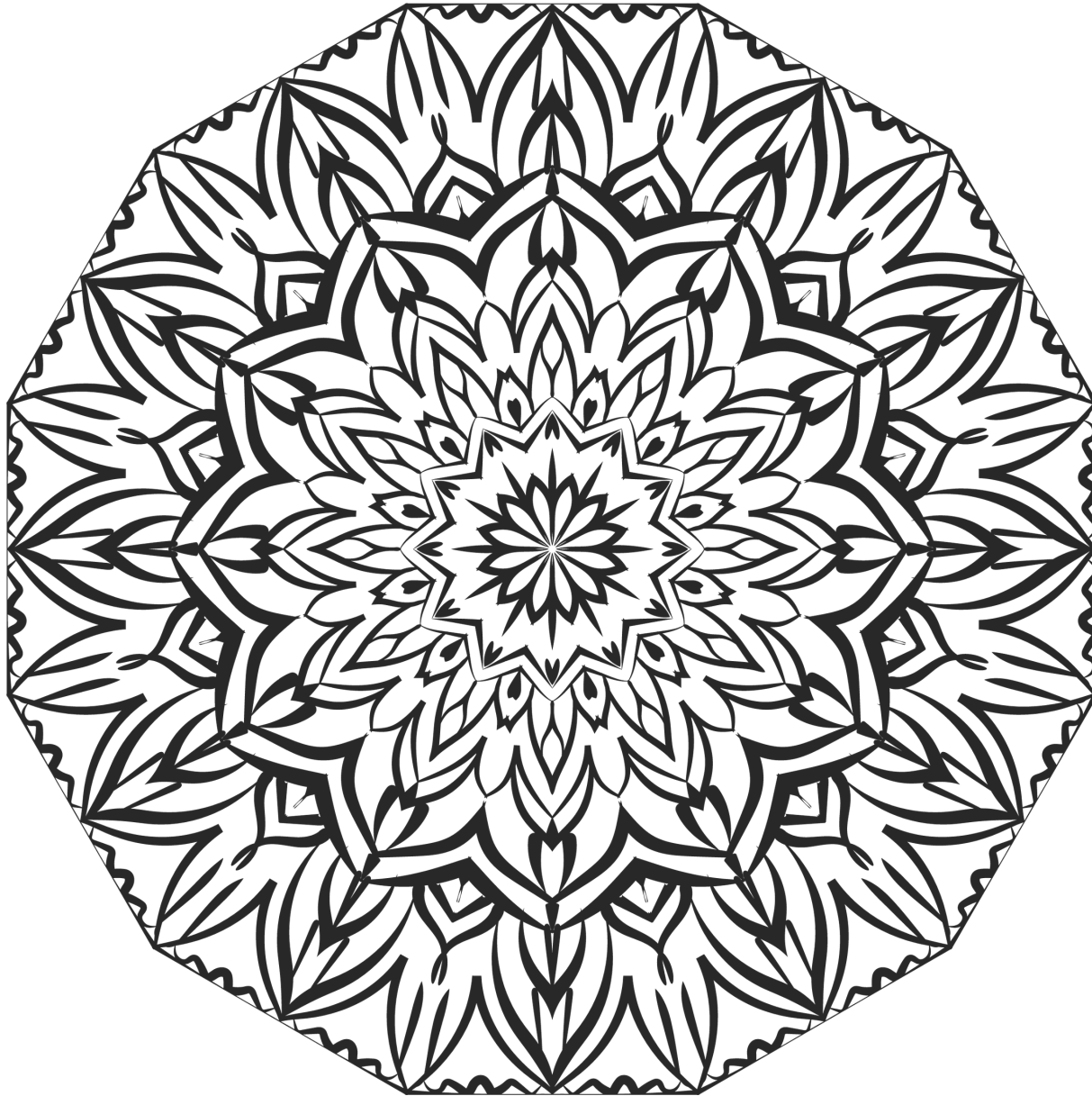
UNFILTERED



*"I HAVE A RESPONSIBILITY TO
CREATE THE ENVIRONMENT WHERE
PEOPLE FEEL LISTENED TO"*



AUTHENTICITY BRINGS TRUST



"BE ROOTED, CALM, AND OPEN"

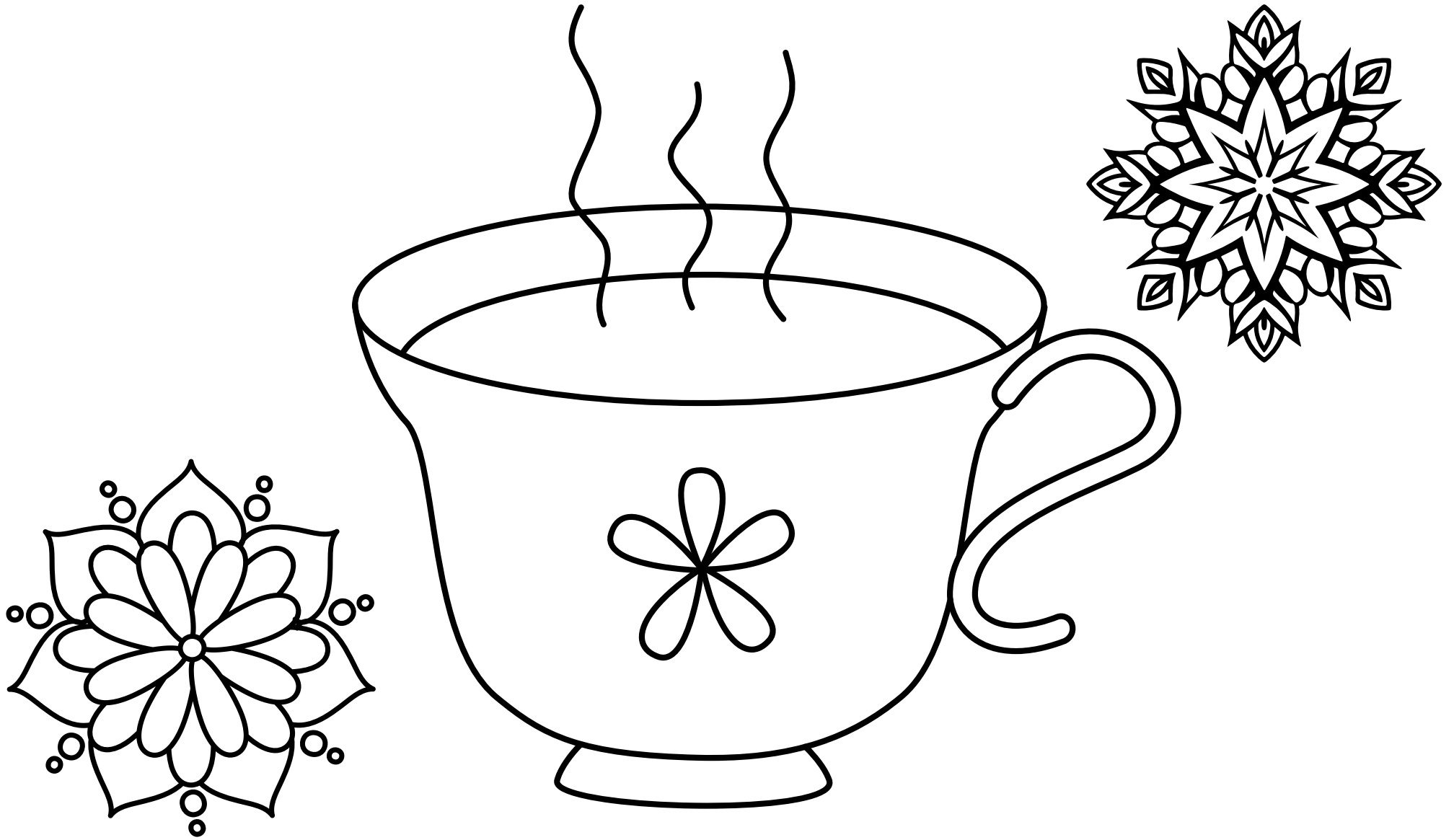
JOURNAL: WHAT TOP THREE VALUES GUIDE ME?

1.

2.

3.

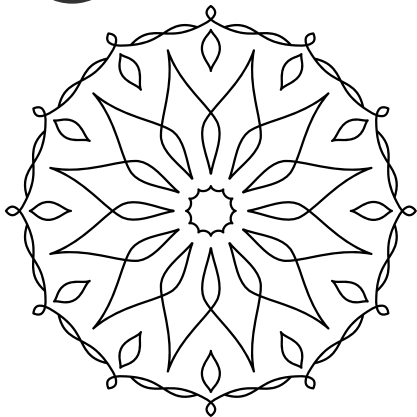
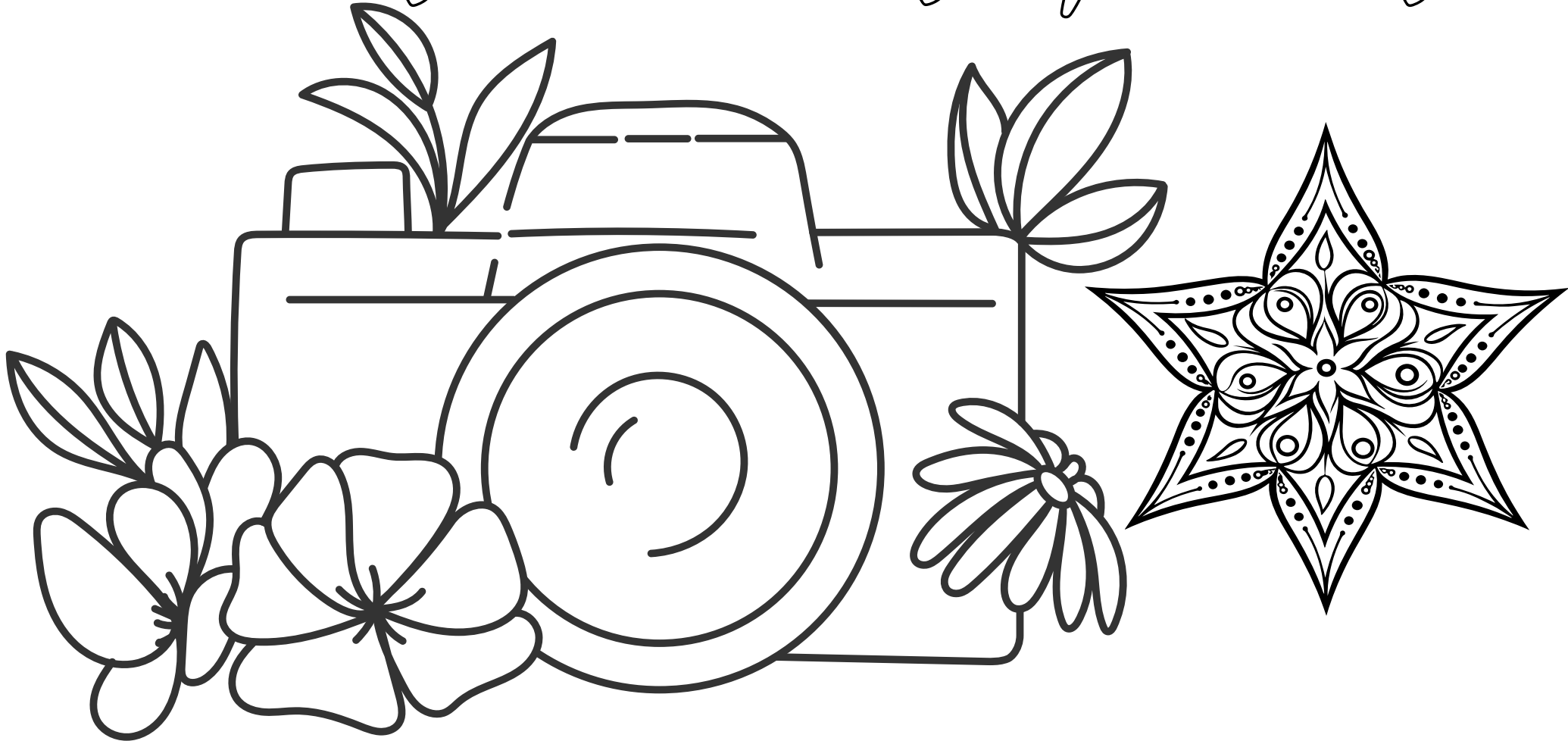
Listen More, Talk Less



"LISTEN WITH YOUR EARS, NOT YOUR NEXT THOUGHT"

JOURNAL: HOW DO I MANAGE STRESS?

MENTORSHIP: SEEK IT, OFFER IT



*"Inspire others to
want to be better"*

Journal: How do I want people to describe my leadership style?

Grow

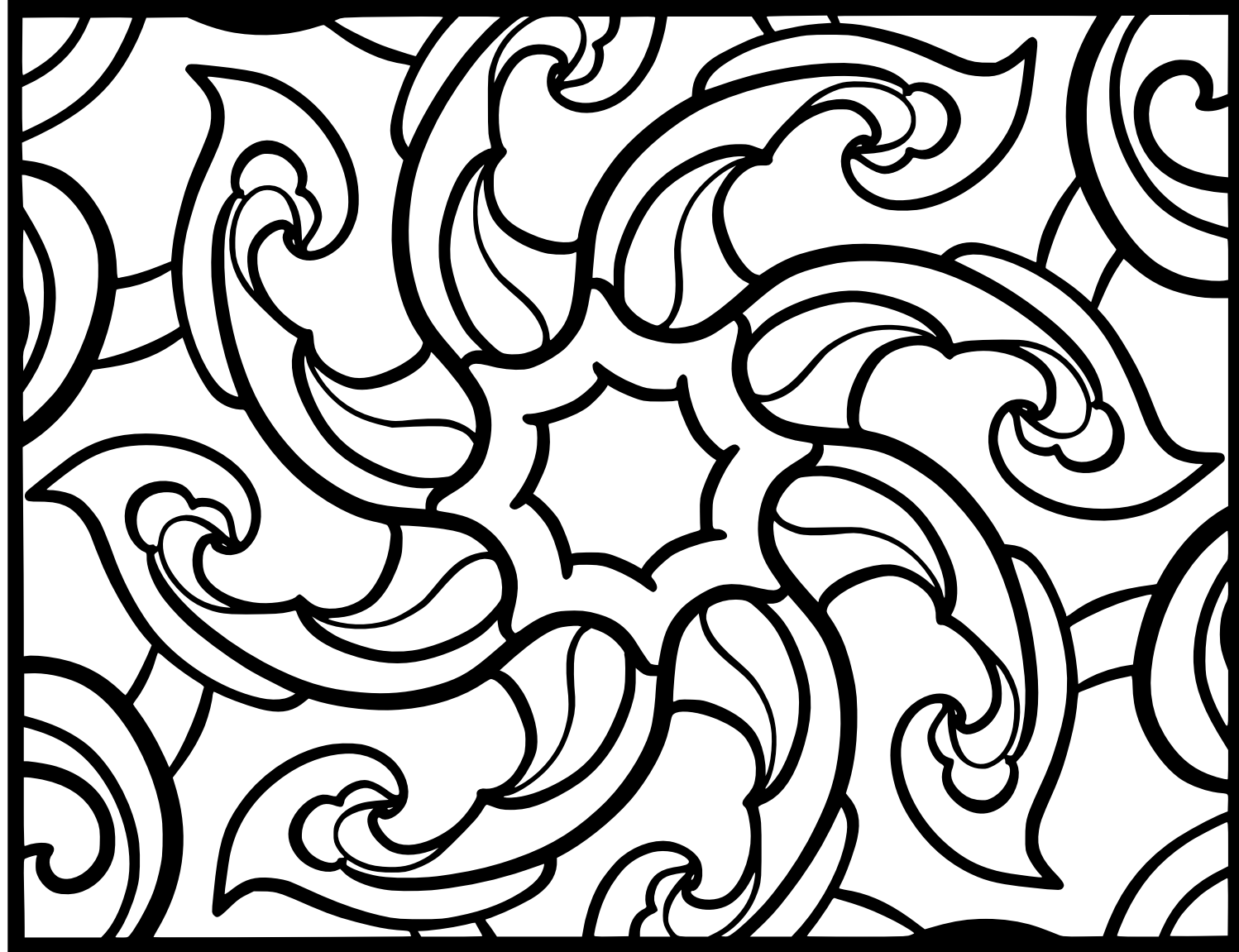


“Big dreams bring Big Growth”



Journal: When do I feel most like myself?

Vision



**“Look for the opportunities
to let others lead”**

**Journal: How can I lead in a way that makes
room for every voice at the table?**

IMPACT



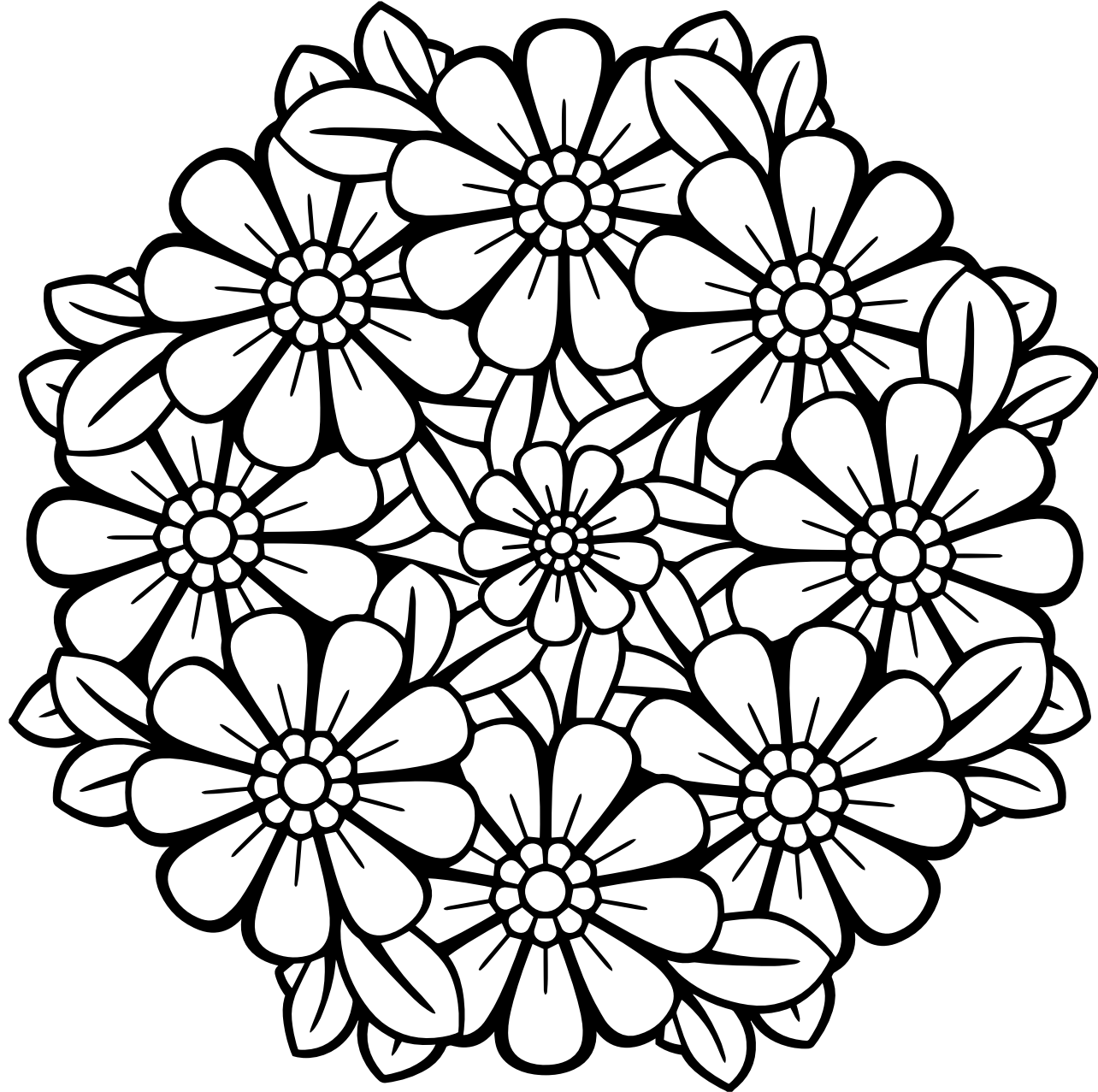
**“Check in, listen, and
model what care
actually looks like”**

Journal: How do I encourage others to be their authentic self?

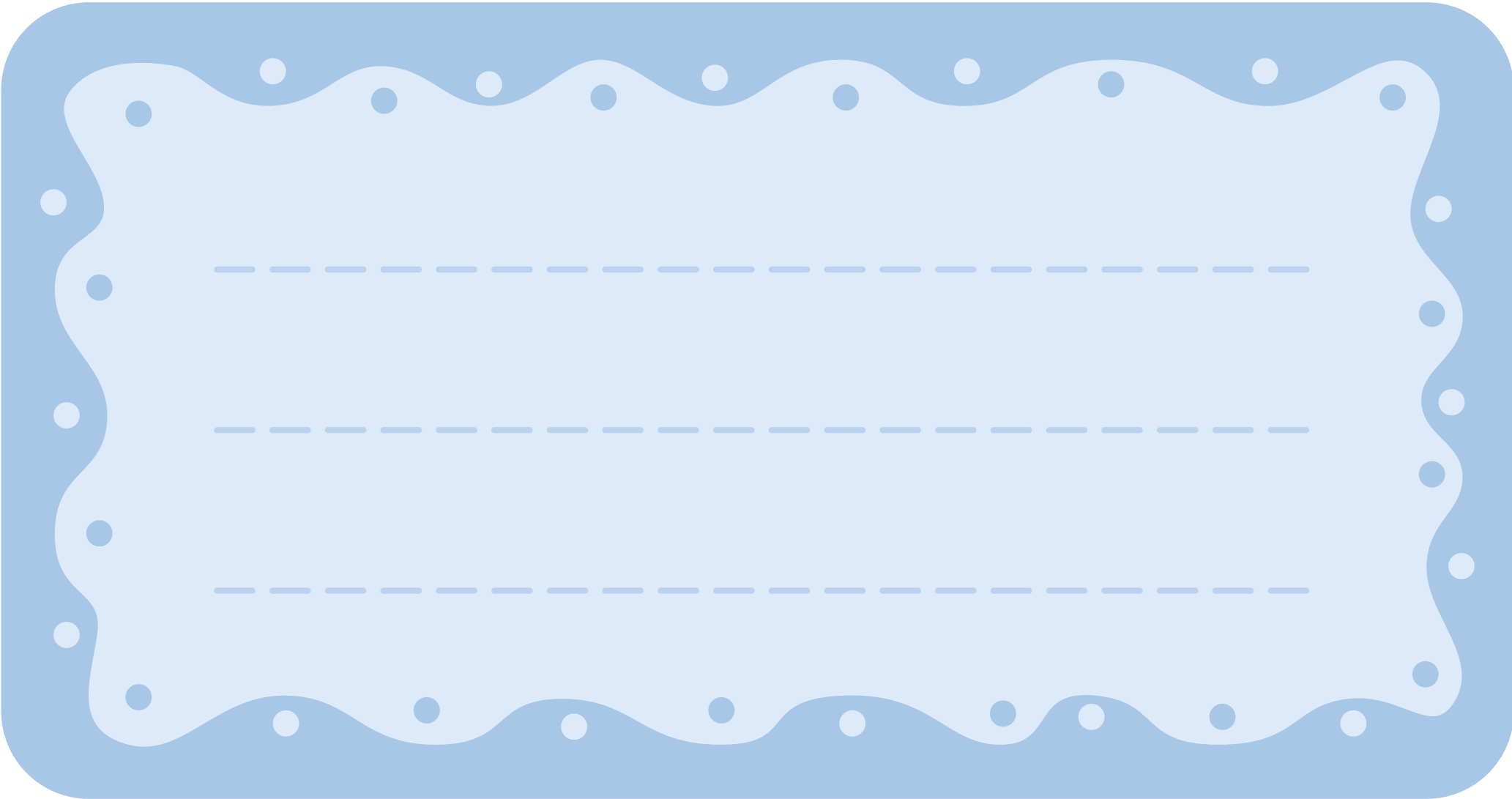


EMPOWER

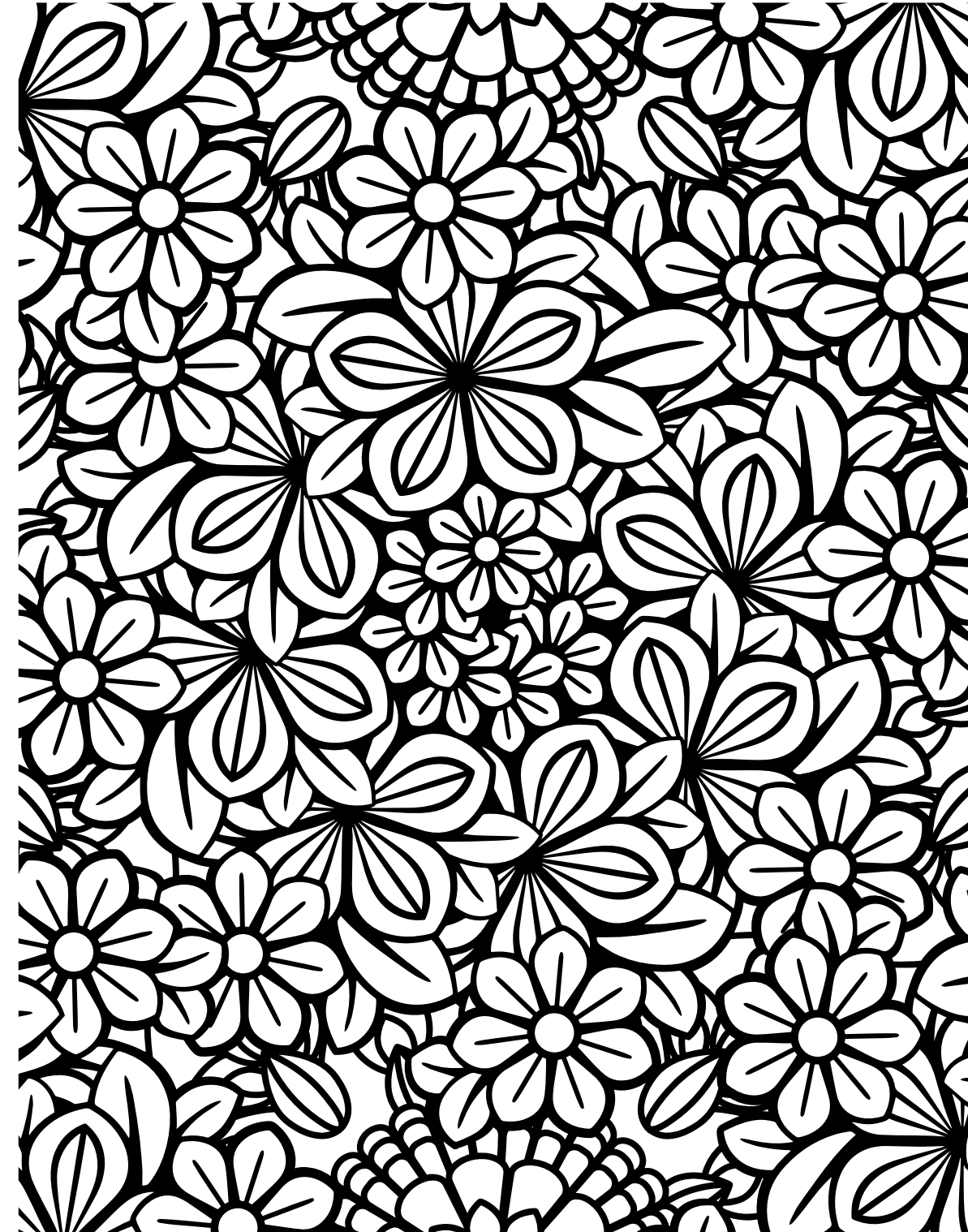
*“In order to
support
your team,
you must
support
yourself”*



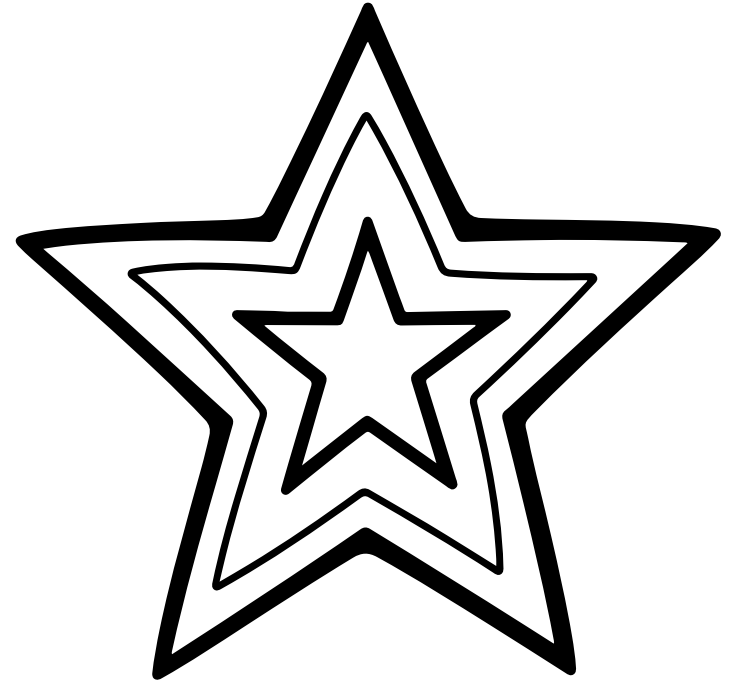
JOURNAL: HOW DO I PRACTICE SELF CARE?



A blue journal page with a wavy border and three horizontal dashed lines for writing.



legacy



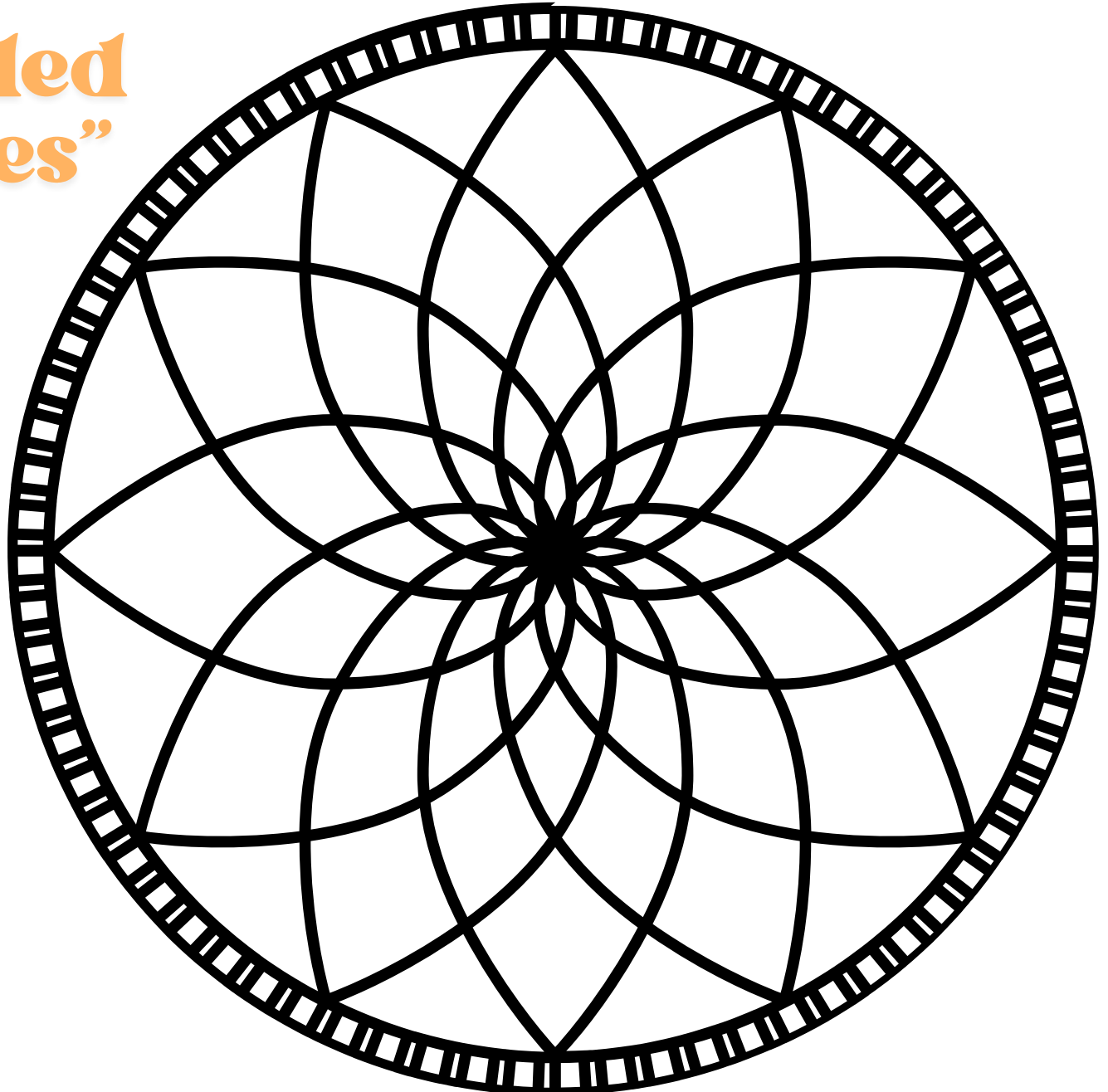
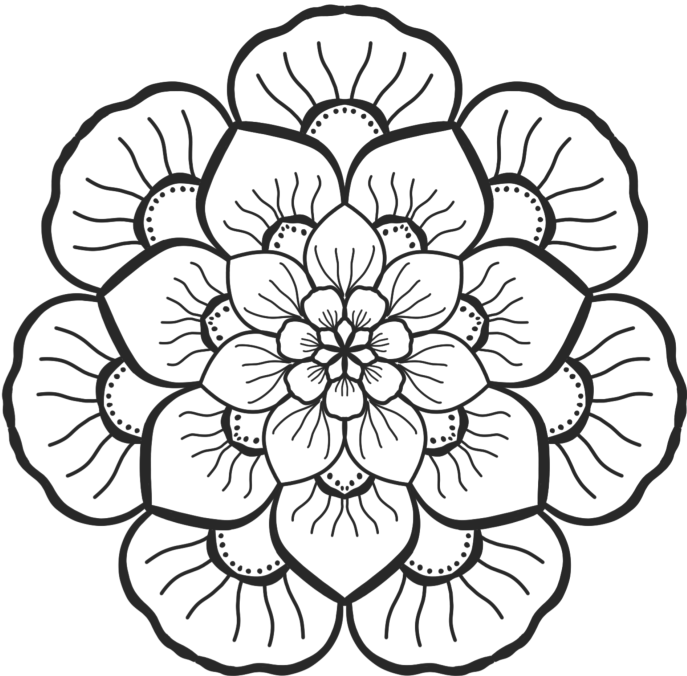
*"Be remembered for
inspiring others to
make a difference"*



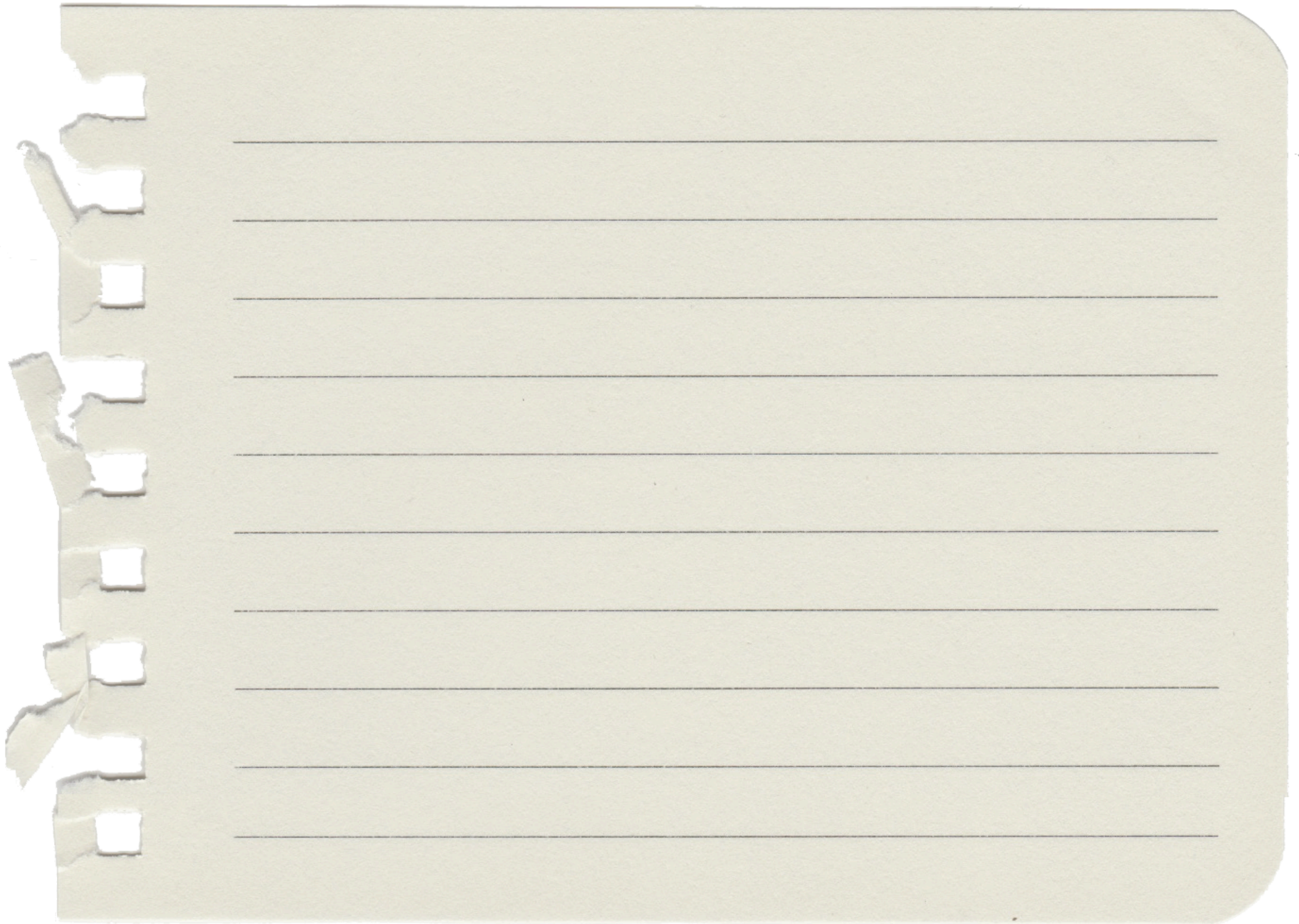
**Journal: What am I doing that reflects the
legacy I want to leave as a leader?**

PATIENCE

*“Stay grounded
in your values”*



JOURNAL: WHAT CAN I DO BETTER?



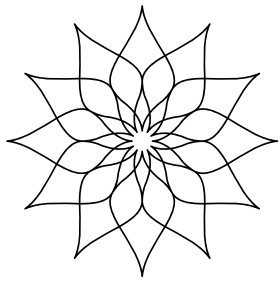
“Leadership is a Journey”

Plant Your Seed Today

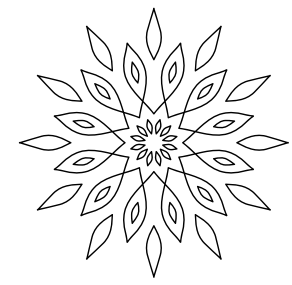


Journal:

How will I make a difference?



A Final Note from the Creator



This book is more than just a collection of mindful moments, it's a personal mission. I created this coloring book because I've lived through the pain of poor leadership. I know how it feels to be silenced, overlooked, and diminished by those who were meant to guide and uplift. That experience left deep marks, but it also sparked a fire in me: a desire to heal, to grow, and to help others do the same.

Leadership should never be a source of trauma. It should be a source of inspiration, safety, and strength. Through these pages, I hope to offer a space for reflection, creativity, and empowerment. My wish is that you leave this book not only more mindful, but more determined to lead with compassion, courage, and clarity. If you've ever been hurt by poor leadership, know this: you are not alone, and you have the power to break the cycle. Let this be your reminder that better leadership begins with you.



With hope and heart,
Tanya Poppleton



My Mantra:
I AM ENOUGH!