

The RISE Everyday Reminder Coins from YourTherapySource are more than just reminders—they're a pathway to self-discovery and growth. Each coin symbolizes a step on the journey toward inner peace, inspiration, and personal evolution. Use these coloring pages to reflect on each theme.

## **The RISE Themes**

**Release:** Let go of worries and find your calm. As you color, take slow breaths and think about releasing stress or any challenges you're facing. Practice infinity breathing on this page.

**Inspire:** Reflect on what inspires you and fuels your dreams. Color while considering what gives you hope and makes you excited for the future.

**Soar:** Embrace your potential to reach new heights. Imagine your goals as you color, and visualize yourself actively working toward them.

**Evolve:** Growth comes from self-reflection. Think about what you've learned about yourself recently and how you can adapt to life's changes.

## **How to Use These Pages:**

**Find a Quiet Space:** Set aside time to color, reflect, and recharge.

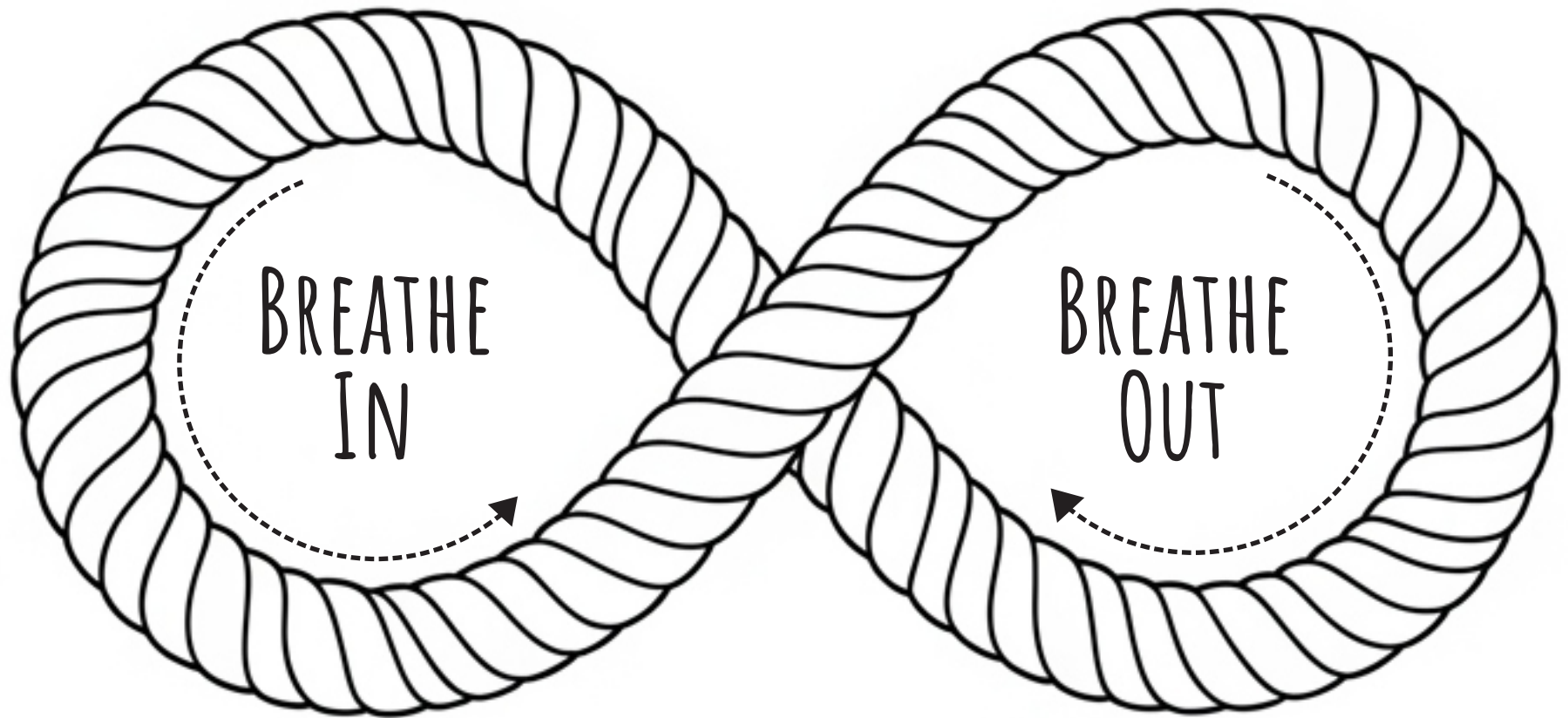
**Focus on Each Theme:** As you color each page, think about how each theme—Release, Inspire, Soar, and Evolve—applies to your life.

Let the act of coloring help you focus, relax, and engage with your journey.

For more inspiration and to explore the full RISE Coins collection, visit Your Therapy Source.

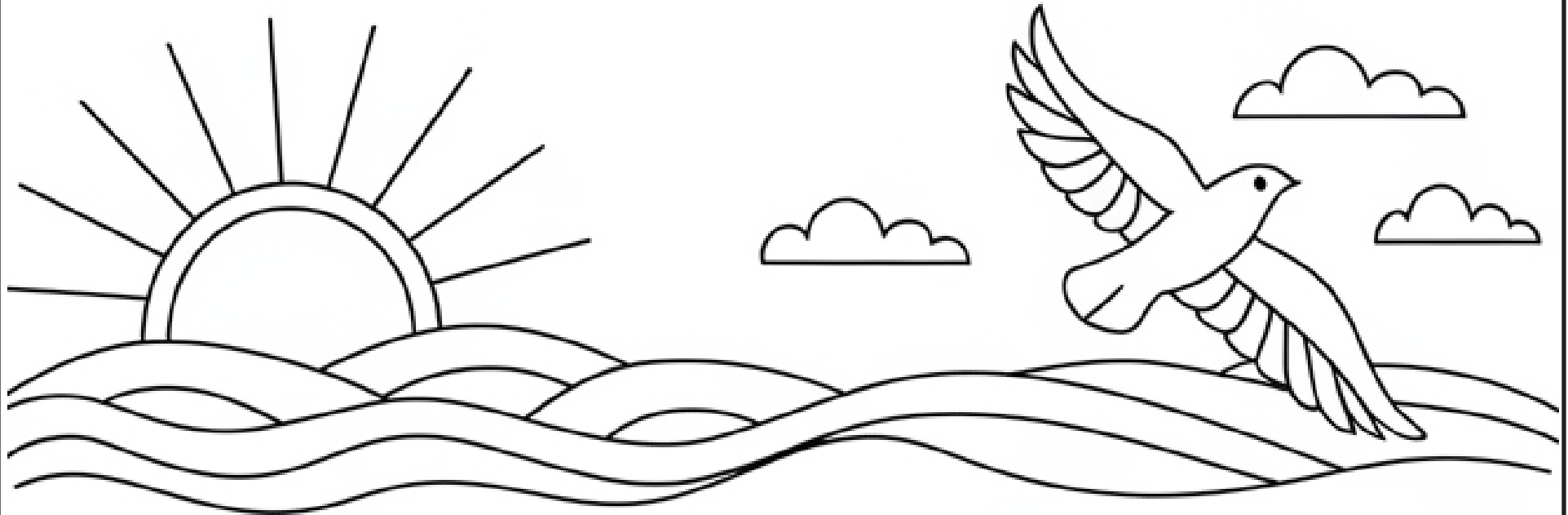
Go to [www.yourtherapysource.com/product/everyday-reminder-coins-rise-collection/](https://www.yourtherapysource.com/product/everyday-reminder-coins-rise-collection/) for more information.





I release my concerns  
and find my calm.

Let the rising sun inspire your dreams.  
Rise up and soar toward your goals.



*Write or draw your goals:*

*What new things  
have I learned  
about  
myself?*

*What changes am  
I going through  
right now?*

*What is something  
I want to work  
on next?*



Like a tree, I am constantly  
growing, evolving, and adapting.